HERCULES II {Apollo - Power - One }



lesson





THIS IS THE START OF A **NEW LIFE** FOR YOU

LESSON ONE

Welcome to the Hercules II hold!

Congratulations! You have entered the wonderful world of Bodybuilding — From this day on you are entitled to call yourself a bodybuilder — or a physical culturist if you like. The important thing is that you are one of the "special" people who have taken steps to improve yourself physically . . You will never look back — From now on your world may well seem a different place. The fact that you have enrolled with us means that you are serious about improving your physical condition and overall appearance, in like manner we now pledge our sincerity in helping you attain the best possible physique, together with utmost strength, leath, and filmes. Your body appeal is now OUR concern, it is our duty to keep the promises we made earlier before your enrollment. Believe us when we say that we are going to do our best to perform a "miracle" before your eyes. We are going to attempt to transform you into the kind of person you always wanted to be. Have faith in us and chances are you will come ALL THE WAY TO PHYSICAL PERFECTION with filting colors.

Before undertaking this or any other Musclebuilding or fitness coarse you should always make sure that you are in normal bealth before starting. This is merely a precaution for your own good, Of course the chances are that you are in excellent health right at this moment. However we recommend that you have a check-up with your family doctor. By all means show him this first lesson so that he will get an idea as to what you will be doing. In all probability he will be delighted that you have undertaken such a program of physical training. In addition we have to cover ourselves legally by stating that we accept no responsibility whatsoever for any accident, however unlikely, or damage that may be incurred, through following the recommendations of this course. Accordingly, take card not to perform the proposed exercises on rickety chairs, unstable ground, etc. Think safety in everything you do, whether it lie in following this course, or in life in goneral.

This HERCULES It bodybuilding course consists of twelve leasons. These will be mailed to you regularly in the same manner as this first leason. The HERCULES II staff will mail our your lessons each Tuesdin (leastly, you should get them in the correct numerical order, one per week. However there may be occasions, though it is unlikely, when a course may arrive a little early or late. Don't let this interfere with your training schedule. Simply keep to the plan as much as possible. You will certainly not suffer by staying on any single lesson for more than the week we propose. Just keep training until the next lesson arrives. You will contict that vill your lessons are written in a very simple and easy to understand manner. So easy, even a child could follow the instructions.

It may seem rather ridiculous to state that you should follow all the instructions exactly as laid down, but we have found in our experience that many fellows, even though they have gone to the expense of purchasing our course, still do not follow our recommendations to the letter. As a result they do not make that type of gains in muscular development! It cannot be emphasized too strongly that you should follow our course to the letter. Read through the text that explains each exercise. Perform it as we suggest. Above all,

do not make the mistake of thinking that if you do double the amount of work during your training you will double your rate of development. By doing this you may well half all progress. In the business of musclebuilding, especially at the outset, you must always be careful not to overwork the body. As a beginner you should train only every other day – never every day. The muscles must be given a day's rest between workouts so that they can continue the building process – muscles build up only during periods of sleep or rest.

SLEEP AND RELAXATION. ...

You want big muscles? Then you must make sure that you get adequate rest and siesp. You can't expect to play tennis before you work out and go dancing afterwards AND gain substantial bodyweight. Your muscles to HERCULES II exercises (or any other vigorous exercises for that matter) the muscle cells are 'broken down' by the repeated tension. This tissue breakdown is what eventually causes a muscle to tire after a certain amount of strenuous exercise. However, these cells must be given rest periods to enable them to rebuild and increase overall muscle size. You must grab periods of physical relaxation wherever you can't your household duties or quit your job. We are simply suggesting that for optimum progress you do not indulge in extra physical recreation. Learn to conserve energy ... Rest at all opportunities, especially after meals, if possible. The amount of sleep you need will naturally vary from individual to individual, but as a general rule a be ginning bodybuilder should get at least eight hours sleep each night.

F000 ...

Nutrition is tremendously important... You are what you eat. Don't fill up on what could be termed 'foodiess foods', i.e. colas, hot dogs, candies, white flour products, etc. Ear a balanced diet of vegetables, salaris, potatoes, meat, fish, eggs, whole wheat bread, fruit and whole milk. If you are inclined to be fat in the first place, then reduce sugar, pastry, bread, potatoes, and substitute skimmed milk for whole milk.

However, if you are on the thin side then you must always bear in mind that your muscles cannot enlarge unless they have enough "fuel" to enable this enlargement to take place. A secret that virtually all the professional bodybuilders use is to eat five small meats a day instead of three large ones. This serves a dual nurcose.

- 1. It prevents the stomach from being over-stretched which can give you a bloated feeling.
- If gives the body a more constant food supply since your muscles are being fed more regularly.

Always have a good hearty breakfast. An example would be juice, cereal, bacon and eggs, toast and honey, and a beverage. Even people who wish to lose flab should have something for breakfast! Now here is a suggested meal plan for the skinny fellow who wants to make the best possible mayclebuilding progress:

EREAKFAST

Orange jusce Cereat and milk Saurage, eggs, bacon Stice toast, jam/honey Gtast milk

MID MORNING

Glass milk

Cheese or must whole wheat bread sandwich

LUNCH

Salad feither chicken, tuna, salmon, wursen, harn or beeft. Milk

MID-AFTERNOON

fl/tofie

Cheese, fish or most sandwich

SUPPER (large meal)

Meat potatoes, vegetables Dessert Beverage

BEFORE RETIRING TO BED

Glass milk:



Robert Nation's body in a product of this inurial this scientific national intake. His body droves beautiful male proportions.

It should be mentioned that if ultimate progress is to be made in the musclebuilding process, then it is a good idea to mix a good protein powder in with your milk every time you take a glass. Your local health food store should be able to supply you with a good quality protein supplement. Among the best in our opinion are: Casilan 90% protein: Weider Super Pro 101; or Proma-Plus.

THE EXERCISES

You may think that you have done most of the exercises we recommend in this course. You may well have. But you can be sure that you have never done them the HERCULES II way! There are thousands of different variations of training — We believe ours is the very best! Accordingly, we would ask you to perform the exercises exactly as we recommend. . Do not add any of your own exercises. Do not miss out any of ours. Do follow our exercises, eating and resting principles completely, exactly as laid out, and you will reach the pinnacle of HERCULEAN SUCCESS in double-quick time. In this and succeeding lessons you will be told of many different secrets — techniques used exclusively by the world's champions of the Bodybuilding Mecca. The author of this course is a well known authority on all matters pertaining to the physical perfection through correct training methods. He is well known to the World's best built men. Have faith in this unique program and we will help you realize all the physical developments humanly possible.

WHEN TO TRAIN ...

It doesn't matter too much what time of day you choose to train. Most successful budybuilders seem to prefer to train about an hour before their evening meal. Others manage an afternoon or morning workout, Actually there are two times when you should not train:

- As soon as you get up in the marning (the body has to get used to being awake. To suddenly throw yourself into a workout could be injurious.)
- Immediately following a large meal, (The digestive system should be allowed at least 1½ hrs. to do its job uninterrupted.)

TRAIN THREE TIMES A WEEK ...

Always beware of training too frequently — three times a week is enough. To do more may well result in stateness — an inability to improve muscle size. Always allow a complete day's rest between your workout sessions, i.e., train Mondays, Wednesdays, and Fridays, or Tuesdays, Thursdays and Saturdays. Try not to train on two consecutive days. Remember the muscle cells need time to replenish themselves and grow larger. Don't try and do too much!

REPETITIONS AND SETS . . .

The term repetition or "reps" is used to denote the number of times you perform a certain exercise. For example, if you perform a 'push-up' three times, you are performing "3 reps', 6 times, "6 reps', and so on.

Generally speaking it is a good idea to perform at least ten "reps" in any exercise. Of course, as one improves in strength, the number of "reps" one does tends to increase . . . in some cases up to fifty or more.

The term "sets" denotes a series of "reps" you do without stopping. For example, if you perform a series of ten "reps" followed by a rest, this is called a "set". If you do three separate lots of ten "reps" in an exercise, it is known as three "sets" of ten "reps". Five "sets" of ten "reps" would be written 5 x 10. Accordingly you will notice that the movements advocated are written in this manner. The amount of next of should take between sets of an exercise should almost never exceed one minute. Generally speaking, you rest long enough for your breathing to return to normal and then perform your next set, and so on.

If we list a certain exercise to be performed 3 sets of 10 reps, then don't feel that you must do only the 10 reps we state. Many fellows are able to do more. If you are able to perform 15, 20, or even more reps, then by all means do so, it can do nothing but good. On the other hand, many fellows will find that they are not strong enough to perform the amount situalised. The answer is to do as many as you can without undue strain. If you can't even do one repetition, then perform a partial rep. In time you will progress until you are able to perform the movements as recommended—and tree some!

WHAT TO WEAR

It all depends on where you train. The main point to keep in mind is that the body should always be warm. Don't train in just a swimsuit if you are in a draft or in a heavily air-conditioned room. Wear warm, loose-fitting clothing that enables you to perform the various exercises without in any way hindering your range of movement. Cold muscles do not respond well to exercise and can even be susceptible to minor sprains and muscle tears which could possibly result in lost training time. And subsequently lost muscle building progress.

DON'T MISS WORKOUTS

Whereas on one hand we strongly recommend that you do not over exercise (three times a week only), we are adamant in recommending that you do not miss any of your scheduled workouts. Of course if you feel sick, have a heavy headache, flu, or are just feeling too tired, then you may have to pass up your workout. To exercise strenuously under these conditions would be indiculous. Beware, however, of missing a workout through laziness. You must learn to distinguish between geruine tiredness and downright laziness. Sometimes after a rough day at school or at work you leef "pooped" — you say to yourself that you'd rather have a meal and watch television — you lack enthusiesm. You are really not shysically tired — you are probably just mentally "pooped". If this is the case then get up and train — just 15 minutes — and you'll be happy you did!

HYGIENE

Always shower away the film of sweat from your body after a workout. This will help keep your skin from breaking out in pimples, etc. Likewise, sweat should not be allowed to collect at the roots of the hair on your head. Wash your hair thoroughly after heavy exercise. More about skin and hair care later in the course. Generally speaking, always strive to keep your entire body well bathed. Cleanliness is next to Godliness. Besides . . . you'll smell better!

HOW TO PERFORM THE EXERCISES

Don't just look at the illustrations. Read the literature explaining how to perform each HERCULES II movement. You will then be 100% sure that you are performing the exercise in the correct manner. As a general rule, perform an exercise with a quick steady movement — no bouncing — just make sure that whatever you are doing, you do with an even, unstrained motion. A fast tempo is more beneficial than a slow one. However, when you first learn a new exercise you should perhaps perform it slowly until you are exactly sure how it is executed.

To repeat ... This course consists of the most modern, non-apparatus Bodybuilding Principles known to man. You are going to develop the kind of body men respect and girls admire. You are going to be a some body next season. Whether you go to the beach, take, or local pool, you will be admired for the kind of red-blooded He-Man you are! Prepare yourself NOW to follow in the footsteps of the world's best built men. Prepare yourself NOW — FOR A NEW, EXCITING LIFE, FULL OF THE REWARDS OF PHYSICAL SUPERIORITY!

FOLLOWING ARE YOUR FIRST WEEK'S EXERCISES

Parform them conscientiously three times a week with a rest day in between each workout session.

EXERCISE ONE:

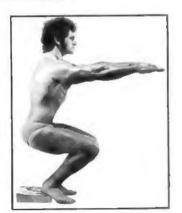
Jogging in Place

· body conditioner, warmer upper

Perform 5–8 minutes at the commencement of the exercise program. This stimulates the body metabolism and growing process of the physique. Additionally, it makes for increased, cardiovascular efficiency. If or example, a stronger and more efficient heart and lungs)—but more important to you, it warms up your body in preparation for the following purely MUSCLE BUILDING MOVEMENTS.

The exercise is a simple one. Simply run-inplace, lifting knees high with each movement. The higher you lift the knee, the more vigorous the exercise.

Alternatively, if you find that you are tiring too quickly, then simply make the movement less strenuous by reducing the height you lift each leg while jugging.





EXERCISE TWO:

The Squat

- . thighs, calves, tib cage, lower back
- I Place a thick book on floor, under heels. Stand upright with arms out in front to help your balance.
- Lower slowly into the squal position as illustrated until thighs are parallel with floor.
 Return to standing position and repeat.
- Take care to breathe deeply during the movement, "In" on the way down, "Out" on the way up.

Perform 2 sets of 10-30 reps, depending on your strength.

EXERCISE THREE:

Hermites Floor Din

- · chest shoulders arms triceou
- Adopt position as illustrated. Fingers facing forward, hands a little wider than shoulder width apart, seat high in the air as illustrated in (e).
- 2. Lower into position and with 'hospinia' action, raise to original starting distillan-
- 3 Lower and repeat with a steady rhythm. The average fellow will be able to do about 8 rens. Perform 2 sets of 8-25 reps. depending on your present strength.



KAUS I

EXERCISE FOLIR

Tiger Chair Pull-Up

- · upper back, arms, hicens
- 1. You'll need a sturdy pole (metal preterably, unless you have a vegocier pole that will not break under vaur badyweight).
 - 2. Adopt a "hanging" position as shown in illus, (a). Make sure that the law is set firmly before you commence the movement. Place a thick towel under the pole at each end.
- 3. Slowly 'curl' your arms until your chest all but souches the pole (Illus, (1). Lower and repeat for as many repetitions as you can reasonably manage. Also for 2 sets of 6-20 seps.





EXERCISE FAVE

Hercules Leg Raise

- mile sect on
- I the on their with nancy tacked under seat as shown in blus (g.
- 2 Rame toph in a together until they are about 20 inches of the Loon Lower and (in ... Don't think to ...

Perform, 2 sets of 10-20 repetitions or more 4 your can manage 1. Don't rest feet on the 1 our after each rep. Rather 1. In girthy on the ground shid raise legs again for the nex. If



That's I for this week Work hard Rest and Ear Weil

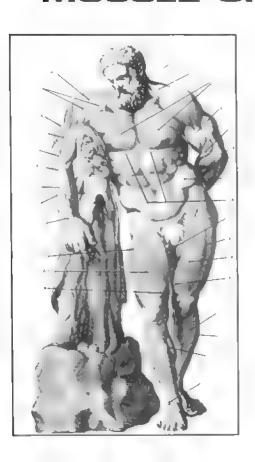
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See you heat week. Go to it!

HERCULES MUSCLE CHART



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ACTIVITIES THAT DEVELOP THE MUSCLE

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NAME OF MUSCLE

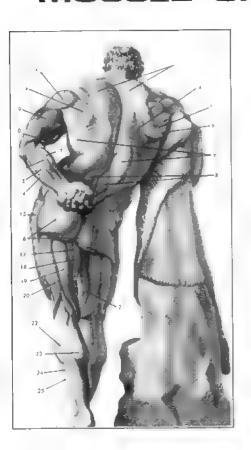
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ACTION OF MUSCLE

Draws head backward and to enther

or elles

HERCULES MUSCLE CHART



NAME OF HUSCLE	ACT ON OF MUSCLE	ACTIVITIES THAT DEVELOP THE MUSCUE
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Square, return tions, rotating the anality califine apparatus, specifing, mosentain chindring, etc.

HERCULES [

(Apollo - Power - One)



lesson

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LESSON TWO

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CONCENTRATION
AND
INSPIRATION

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SKIN CARE

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Step One

How to Nourish Your Skin

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Step Two

Special Vitamins and Minerals for Skin

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Dry Skin

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Drugs

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Step Four

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Step Five

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Step Six

Protection of Natural Oils

| Section | Sect

Step Seven

Warry

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Step Eight

Exercit Samon

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Step Mine

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Step Ten

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Step Eleven

Smoking

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HOW TO IMPROVE YOUR SKILL AT WRIST WEESTLING

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- 3 Pegir is:

 so Remain no lo tive times against his resessable.
- 4 Wrist wrestling is not just a mat strength. There is a set of itechnique involved in the correct number of performance in this thousand your old should.



The fack in winning at west wrestling is to lifty to twist your opposent's palm to face you. By

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BODYBUILDING QUESTIONS .

By far, the most common question we are asked is:

"How-cars I gain weight quick" y?"

Of inswer may seem somewhat a cache but remember in entropy of the cases of the cas

Do new york and Williams of the transfer of the report year is as any

Let a not not be also as alregaments despectment θ to a long of system.

Let a none by New EH see a certail skin by β y cases or one to a finite to end

none.

THE THAT KINNY CLY NEW A HEATHER HERE IN THE A DAY

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Here —a law examples of champion physiques and the mating all it

Vic Downs, World's Most Muscular Man 1967

Where very sping to administration to easily several care of the analysis are to a several care of the analysis are to easily several care of the analysis are the analysis are to easily several care of the analysis are the analysis are

Bruce Randall, Mr. Universe 1959.

When Bruce was our right in week strength formers he also a distributions at a sitting for link in chapeur. Exhibition of treash was steaks. He coinsumes upon 9,000 carbines a faty!

Pau Anderson Wor - Strongest Man

milier to normal is legabled your Peronalist of each to 1 2 quality on the every 26 cours. This was used of from this removes metalls.

Now, we are 1. In the example of the expenses a decreasoft accordance. However, the text g and a substitute g and a substitute g and g are a substitute g and g are g a

If you want to name weight. Then get serious about it

or will exert so advist occurrence to is of this Herry his interegra-

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2 Pr. an. I go mather they are timath say 2 ones and 3 ones are get to one options of the section and relaxation.

remodify the second most common guestion we get asked is.

"How can I lose weight quickry."

The son were asks the six ally somewhat that ty round he wast and his universities of egainths youther want end and a rate of each eness. Others are drawn of the annual superty section in too. Apair are swell is the own and harfly planted when a ratefaction or respective possessions will out the public School Dilloter and the end of the type teachs the business of control of the public section of the public section when the section of the public sections of the public sections of the public sections of the public sections when the public sections are public sections of the public sections of the public sections of the public sections and the public sections are public sections.

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- A non-experimental and surprise agrantees arranges wastes freed tred fronts mark to add of conditions.
- 3. Excit in the constraint of the great edges enterly obtained threat and as in over the
- 4. Exercise is important
 - a think that a cost him the cose skin ell over will solve and all weigh loss takes are
 - (b) It helps build energy which dieting alone does not give

Take units γ endour prier in its ip feet succeens to ensiste 1 yet min viget ing all the goodness of requires.

I protect on a second of the s

The chird most goodnat divestion that fellows out to us is

How can I get leally trig arms fast?"

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- As any ty of a source of the tendent reports by a second of the process of the pr

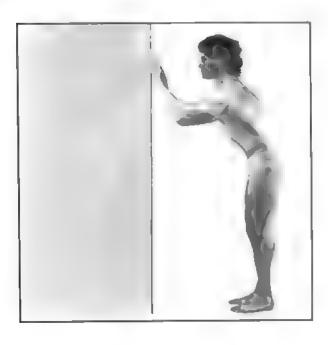
Fabulous Hercures Wast Push

The proof of the state of the s

Move your feet back until most of your body weight is taken by your arms. Now press your post-way from the war by straightering the arms. Immediately the discount of the straightering the arms.

with tour parties strain. Do not rest more than 30 secr.

Lat. 1



As we mentioned at the beginning of this second resson, you will do the same exercises as fast week it esson one) plus two extra exercises.

The two view exercises this week are Chair Triceps Pushup

2 x 10

dlus. (a)

Adopt the position as shown in the rus tration hands about fine inches apart. Keeping your albows in to your weist tower the hody up and down in a steady rhythm, allowing the chest to touch your haids on the bench or chair.



ILLUS oil



LLUS (b)

Chair Shrugs 2 x 2D

Mus (b)

Adopt the position as distrated. Keeping your arms absolutely straight ALL the time, raise and lower your entire body by shugging your shoulders. Aim to louch the shoulders to your each repetition.









H f n n





l A « 5



(



You will find that in this next lesson you are taken a step further into your bodybuilding advancement. Prus we allegoing to give you the super-secrets on how to gain MUSC UE BULK! Yes you will be fet in on the lates discover he on how you can increase your bodysseight in the fastest pussible way thrial distinctive office. The simple steps you can take to learn how to do a simple handstand in this divaries of tulk in showing. If ow you may discomplete the impressive one handseight and stands.

See you next week!



HERCULES II

(Apollo - Power - One)



lesson



LESSON THREE

Back again. Are you ready to go?

We assume that you have need going the recommender. I wonted on course to ingit in its little winds

Remember the three point plan

- I Gat sufficient food
- 2. Exercise hard
- 3. Get sufficient sirep and relaxation.

Now of 5 per follow 6 on the following intermediate program. These includes a many rot look were existing in a replace to represent your pulsurabilities of the includes an expension of the program of t

EXERCISE ONE

Windmill Toe Touching

• gyérall body warmer upper

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EXERCISE TWO

Jacknife Deltoid Dip.

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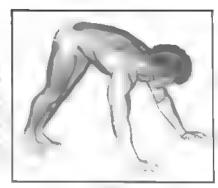
Assume a pusition as shown in this ration i

Loo process to less your host to the Lo-

the main tersion in the wracides responsible

1 v

ominote 3 sets of at wast tim repert



EXERCISE THREE

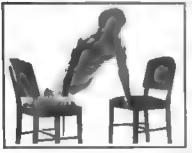
Wide Grip Chair Pushings

. .

This exercise is street bearing the animal

- Place labels, fingers lacing straighs ahead, on two chairs, drust ation
- Lower Lock by beneaus arms and is pour chest just each not so may a the Main and as each up fown movement systematic ages to for inc.

Fry 3 sets. 4 Biorps. I you can manage more re-





EXERCISE FOUR

SHISY SQUARE

thighs and calves

- Make size that the body isons back, while the hijls and tilights are kept forward.
- Keep feet at 5x1 12 apart thanks outstretches in from or on tips to help your balance.
- Slowly investionly by squarting lawn noting its it is ofwar throughout the exercise.
- 4. Base and ower in Pythin Supplier on it to move Streps has been complete:

Perform 3 sets of 18 or more reps



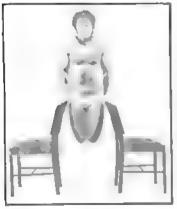
LUUS teh

EXERCISE FIVE

Hercules Chair Dips

arms chest shoulders nech 3 x 5

- I Acultanoctor as shown the first altastrauma Makina the minimum in well a something such at your tists, in the discought certificate combantation who is now the each hand.
- Cover Same y = Explosions the and those again. Although a many to tear a good to gift the orally inflated in the exercism.
- 3 Courses an arranged been a homogy reportation as your analyses of those with a many series of the series of the





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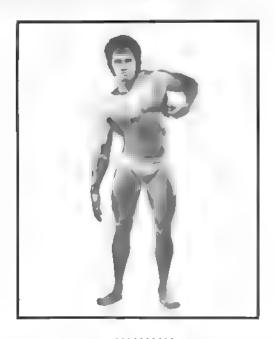
LLUS mi

EXERCISE SIX

Side Bands

• midsection 3 x 50

- Stand upright as illustrated feet 20 inches apart. Keeping your back straight band the trank from side to side.
- 2. En seavour fir lient as far as you are able to each side. Aim for 3 sets of 50 rens



.

This conduides your workbut for Lesson Three. A issual work hard and follow the exercises as outlined

MUSCLE BULK

Yap may of yayar to tar tar 2 m Y-111 40 9 35-41 4.5 y a system of all a section + 14 H IF You II Y II 2 IN THE II CA y sept par to ye by unit you have gained the correct amount of solid muscle.

Perform your exercises with a steady thythin

year portational and type organical 11 y 1 144

- Best of the second of the territory
- p (41) Fp 2.1 5 665 V . hele-in should

P 6415 5 - 10 7.747 of a little of the little preparing your body for vigorous workouts in advance.

- Fig. pay the bulk gaining crets we recommend
 - it as presenting it september this body train is only
- Sleep at way 81 hours each night
- Don't over in his amove or dissipate
- Learn to relea, but your feet up) when not training
- Never let the body yo without some nour it my food or drink every two hours. Except at a glif time 11 when you and sideound

peaned factor charge trib, or meat saudwiches

primit lictles have Calcar honey sandwich.

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HANDRAL ANCING

Who has not manyelled with dispet et at the muscular athlete in a conjugation along testion and introduced sand in perhaps dopning some year that is exhect roughes the food for investing a stroy pressure to equal the investing took hands and After a line passe the hody see all on the investing a respect to the interest of the analysis on one arms at a time to be in a line only a less to show the athlete possed society on one arms. The analysis are also so show the athlete possed society on one arms. The analysis of the testions.

STEP ONE

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Ulustration 1 (the crouch balance)



Illustration 2 [the splayed hand]



The exercise should be one singly horting the position for as onglas possible for a few minites each day. Special sare, must be paid to the head position which should be to war, and a waith shelling the ket to the key to step ket to its limit.

Any that good exercise to increase wrist flexibility and strength is one which can be done at which the ngilto lay. It is simply that of cierching and uncenching the fists. This can be so so with all any filling in the hands or if preferred a soft rubber ball can be used.

As this note week of your first exercise progresses, you should begin to feet the results of your crouch balance movements. Your arms will guink strength and you will slowly find that you can maintain the balance position for longer periods without undue strain.

STEP TWO

You all now rearly to perform your first handstand. This will be attempted against a wall

Prace your hands 18 notice from the east at so is, her will the

- 2 Show ingers as in exercise is independently start when the energy your left teg straight and your ighted hent under (see Illustration 3).
- 3 Raise you held as at an index it and move your shoulders forward so that the weight in taker from your less and tradsferred over the arms.

The mand position is most experient as you must singly over centre. I give by to discipline evel with your within a given the most become a considered and the state of the set of the set

Illustration 3 (the wall balance)



I must be emphasized that I for any leason your aims are weak gate should be taken not I live it till exercise

STEP THREE

You all elsew in the position required to teach you registed the act of balance and the way order his size or consistent in the distriction of positions. When in the distriction is positions easily your register, by the fock so the most of the most of the act of t

STEP FOUR

You create that we have the Table obtained a potential is an interest in the following on that you will be written to be a controlled to the controlled to t

STEP FIVE

The Free Handstand

When you been involved in temporary time you be made a form grown again the your entry throw and against the remarks the second of the second

Overbalance

It is now that you will reap the harvest of earlier proctice for it is my pressure in the Engers Earlier was antice or checker. Buttermouth that is \$6 uses. If age is girly used the reference thoughout the register of the

Overbelance to the side.

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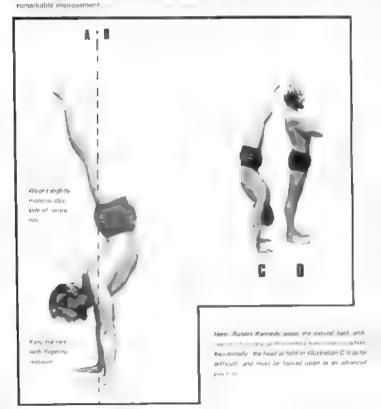
Some points on balance

The eye in Figure $0 \le x$ and $x \ne 1$ then the tension tenth and $x \ne 1$ to expect $0 \le x \le x \le 1$ to $x \ne 1$. When $0 \le x \le x \le x \le 1$ to $x \ne 1$ to x

STEP SIX

rigi, in This interepresent, the centre of gravity ment, hed an in Tire, entire, by the an output honoration becomes a very main, in this practice and study into an adjant about the propose near is to show you that when in writer salance me amount a weight is seen used annotation to the form that we in writer salance me amount a weight is seen used annotation to the form in the exhibition more hold weight on the Alsine present and the exhibition of All in the present in the finger up must be greatern up to even to the finger in the finger of the present and the control of the control

You will notice that in I justiful on 4 a dotter line has been prawn approximatily through the centre of the



Elimentary balance must be practised anti-such time as you can keep the body from shoulders to feet rigid. Once you can do this the amount of muscular effort required to hold balance is greatly reduced. Reaching the point where you can concentrate entillers on Engertip pressure should be your next goal and all practice should be to this end.

To sum up what we have just learned

The body is kep in a state of balance by means of the overbalance being kept in check by fingertip nressure. Undertalance is corrected by bending the elbows and strengthening them to legal in the nxipper ross ion. Always avoid walking furward on the flands, except in energencies for apartifium range ar rom neat is chimately gets the world be parancer into bad habits which are lated to correct. Remember practice makes perfect or bad habits practice enough with its make that error seried. That is why is sumportant to practice whatever you do correctly from the very beginning. Control your enthus association for those with the minimum range of the precision of the process of

STEP SEVEN

Variety

Ye are now in a position to bring a little variety into your balancing practice. Don't be at aid of finall, ig your fill as again any ryping your harristants on bringing as a line a wall real impacts. Only an earlier and revery joor because of its softness, in strengthening the fingers and air ing your, express to the perfect handstend.

STEP EIGHT

The Perfect Handstand

Just what does the permit handstand look like? It would seem that each of the many expert has illustrates hold a different opinion on this. Some insist that it is only perfect when the surnal buck are the modified of backing two person world have standing erectlis shown in the handstand opsition. See I les ratio of Differs prefer alvery deep auch in the claim that it looks more graces. Beginning the most perfect before with he no mail and and erect position is more classified and another all as the most perfect stance of the two. It is loward this position that we suggest you plan your practice.

STEP MINE

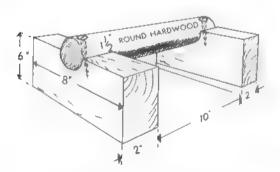
The handstand press-up

Quality on have harmed the kick of handstand and lave mastered. Give yield in a capture in a state of the country of the capture of the country of the capture of the captu

Floor Parelief Bars

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Ulustration 6 (how to construct floor parallel bars)



MAKE TWO OF THE ABOVE FLOOR PARALLEL BARS.



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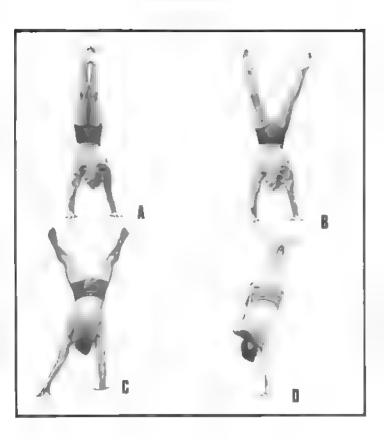
Learning the one handed handstand

Obtaining the attimate

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Difficulties you may encounter

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HERCULES II

[Apolla - Power - One]



lesson







WAR IN THE FRANK TANGED THE CLE PRINCE AND NATE TO BE A HET FAR OF HIT LEE IN EMILY OFFIRE PROPERTY MEMOS AND OUTSTANDING MUSSCLE OFFIRE TOOM

LESSON FOUR

1. this esting provides the enthresident session of as your existences of your existing full related to the later session of the content o

Here are your two new exercises.

EXERCISE SEVEN

Doorway Pulls

2 x 6

This exercise is denomed to help you stretch your back muscles

- The usual way to do this is to hold onto the fourhanities of a sturdy door as illustrated, a).
- This art is to pull on the handles so that you stretch the latim issues than you.
- 3. Bette your knees keep your back and arms
 the interpretation of the tension in your back muscles (lats). The overall effect of this special movement is to develop the U" shape of the back Perform 2 sets of 6 builties.



LLUS at



EXERCISE EIGHT

Sexted Afternate Leg Kicks

2 x 15

Keeping your legs straight raise each out as high as you can titlus be with te supporting yourse't se worstrated on a bench or chair try and kick each teg higher during each regit titlon 2 sets 15 reps

TLLUS 161

















Note the mind set of in month of your tensions into set A so an w that is easily a legislating to sweek sets C . Provide the months of C

As we mail tronto-last lesson we are going to give you some flips on five killer karate blows for your defence

However advanced the Tuman race has become since the earliest of days, when the strongest of pilms verman drun ad any ground chasses this food and valueses to beath will used weapons, we cannot escape these last as indicated and feel real ness and aggression it is all strongly to the air did many cut the days and learned and strongly the several search at any time relief with the fact of the table of the same time of the fact of the controlling of the view of the original time of the same and the fact of the same of the same and the fact of the controlling of the original time of the days of the same and the same of the same and the same and the same of the same of

What is Dymo Killer Karata?

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There are super-time have helder to week with expect from the value of the their of a part a is a special value of the tary that its a is a then a is a super-time of a part a is a which a is a if a is a which a is a in the a in a is a super-time only to a.

 W_0 is suffly what. President Brosevett, but carry a high shock. What you have mastered these are K for Killate steps, you will be a Super or Fight of Makit in Killate steps, you will be a Super or Fight of Makit in Killate steps.

Only go into hill Leriges attack where it is not by described. But if it is described in your early have no prosent you and unit looked one from an article, then go is to attack 100% to furner one who have seed able they are and an invalid Butter ham with our selected Killed moves and conserting a hill leads as it is leading of the chair of a hill have find in mention of phonocestation or otherwise the local headquarters so hy the chairs can deal with him.

Do its we surject in more to essition coverage any of the sess that perform her as we'll comment. Needless to say we can take no responsibility for any acceser or ago in a right by sustained himself the indemniking of the county and the author does not suggest that Dymn Killer Karate he sellously used unless you are physically threatened. fullow this instruction. You can do it. You can walk with the confidence or all on Belgrou. Be sure in yourself of the knowledge that the five Dymo moves can give you, the confidence and assurance which is your birthright.

STEP ONE

The Golden Key

The guider key to any successible hearing is all tune of main You must give yourself he one site ous fong. You would be usable to rise that one scourse. POSTITYE BUTERM NATION THROUGHT SELF MOTIVATION TO YOURSELF HOW before you begin this, you will become a fine Figorian Massacre and all them you take the or in host out like site of site of the your one again free life or in host out like site of the site of th

Remember you can do it. No move is too difficult.

- 2. Be well a your training services. Du not practice when you are led in it as ex-
- 3 of a lege troyes of a matter of your self-to-copt he and grow machine self-
- 4. Storm year general court sergicest subtle consorts was the dispatial interespondings of a queboling easier to avoid have the fearth to the cylindric year all attackers.

STEP TWO

Dymo Hand Conditioning

So that you have been been the unpartition who that the plat yields of the least the plat of the plat

The beginner will benefit most from mildit conditioning along with daily staking in a strong solution of sert and water in 2 cc is of sail over or and divisite. I Souk for 5 minutes ear lies Should in early for the out the solution can be used repeater yilly additing water only. One week of soaking should in cloudy limits in any event, and to soak for more train two weeks at the most.

Finger Tip Conditioning

To strengthen the tips of your tingers use ordinary household rice. Place snooked rice in a metal him or box in the wist keep with your rand of tindingers doer right. Drive land of tin wist keep with your rand of thand I ngers doer right and extender. Con title this sint two feel you, hands are leady for the next step usually one week. See slustration A.1.

Change rominize bisand when you are ready for or simple advanced ingredient. Plactice sessions of boold last famility. If mining the direct moust to sain. This tip a state we advas only writings when he time used to also handledner and ighter the interest within a separate to incostative the end of list to set there may be the odd is due, who when we to inside the substance of such as the object only inside types in the property of the said to it or one made of small smooth studies. For ow shough with this same in the same are manner as previously instrated.

Dyma Hand Chop Conditioning

This air Eshour File positiones about two reches above a sour Habstoring will have 5 in the wift is edge of each hand alternately lawing care nor to strike with the Engels or what hone. See your air in B



Beyon a sking the surface into a sught normonal is felt. Then rest for a few minutes in only lagare. Each age to tas You need to strengther you hands sowery but surely. Start with a box of scillage of many ages tending skin.

than a entire this step mayor your hand up a further two acties of the St. face of the St. fac

Note. Even strongly the numbing feeting is felt, consisting each step for a period of 5 to 8 amintres includes the five day could wavel, relaxing on the weekend to allow the hand and skin to rest and recuperate.

Move the like indigension of owner hand up a full time two unches from the table after your base committees steen from our time moving their or impositions of your band up and responsible sections as a first only the model of the model section in the Dymo & in any time time in many is hearther. To some nation the way you insight factor which of private of your rules. Breath in deeply when assenty your rules falling you rules Strike. Force of the your your rules are received that they may also madel in which your magnification of the provides such a blow rule your wine which would be find at enough to provide such a blow rule you will be regret to

Note. Deep breating in co-ordination with a hand chap purs more power in the blow by continually supalitying the muscles with a fresh supply of oxygenated blood. Make a point of always practicing your breathing during training periods.

STEP THREE

Dymo Karate Power Strikes

A tenny ob. To a sirange in the sidveny old are one that was leard in the rath alleyways and footways and England are more in they doe Soldo instruct of sold hindor it soush preventes a lingly. He way to the grany for into a both couper spiked and the Soldar periods of periods in periods a strike that the period is vasived your arms of the major of solds and the virtual operations. In the periods of the peri

Haw ta un I

- (your mentions 400 tracers are restrictive enables for overland order of south a since since since and tracers
- A in the entire from the prince of contract of a macro trip sanction. The foscillation of a province of a fingle of Sec. Postadous Count. D.



3 The introductive because your above at the definite, which is she force a new and is the assessment in decision of a presentant with just one hand in your pocket.

HOW I WORKS

This raises pean as well smaller through interrupts Depending on the strength is you have a sensy of the non-office and it is named to act apart. Act gits a wise free for you, still will ask in impredict any muscle bone or tissue than he conventional clerichart iss.

E bow Smath

The ellow's your most effective weapth when being assaled from the real in that a much greater strikur force than the first. The it is angle abalil by you to disable your at acket with one how. See full refront.



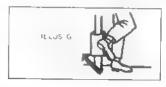
Knee Smash

This is a most effective form of attack and can temporarily disable a foe. Bend your kneel and bring up your leg, a ming at the groin of your opponent. This type of attack obviously is reserved for situations when your opponent is at very close range. (See I lustration F.)



Heat Stemp

Residual for shiphtay point the introduction special poly sensitive and investigated and K. Wysalia and the inside of the hood for the case of the hood for the hood special special and the special s



The Knife Hand

This is fairned by howing the hand as in the hand chop position but with the index berits gibby at an angle of the Jaim. See it ustralion High the hand can be used in two ways bot lext anely pointed. The commender of up is the first land is shaped by being the seniar the elbow and swinging it down in a hammer like multion. Because to keep the linears rule, and loss together.



The second is the side chool which is formed by slashing or swinging in a serric, one from the ethow is this ring with the edge of the hand. See Illustration. Both attacks can cause excluding an in when it were ted in the corner inclination in speer. Both should be practiced against a suitable padded suitable or tick or sail or suitable processing as was indicable. Speed is your railly learn to struke fast.

A movements mentioned above should be produced daily. The fish it same the elbow against a sofiture form surface and the same with the kines and her it, now around for a suitable matches and the two to the two surfaces and the same with the kines and her it, now around for a suitable matches and the first two to the same with the kines and her it is not a suitable matches and the first two to the same with the kines and her it is not to the same with the kines and the same with the same with the kines and the same with the kines

STEP FOUR

Dyma Nerve Blows

The or word are low existantly nerve blows that you must earlied interest in high soilty with a right. I dishey are second into the year take the off to consider these injuries its Say to you self withdrever by the interest in the constant have make the east of earlies and up you this outhat person in this or had person in the control by the passion in a world become attack and ordered conscious.

il Red Eye

Hord, he hand horizontally in their enched first form. Sinkle forward and upward into the corner of the attacker's eve.

i) Double Finger

Using the index and middle fingers only in the kindle hand form istrike bulwar an appearable the base of the lower eyel of This is to be used only as a last lesort as it is got to easy to bind or even is sintige the eye by using this drastic measure. See his stration J

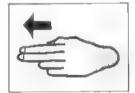
ort. Flat Hand Nose Crush

Smash straight in pwar is into under part of nose with hutt of hand. (See itustration K

ILLUS. I



ILLUS. J





ILLUS K

(iv) Killer Throat Crush

Smast strught into the adam's apple using a penny officienched fist technique of there is time? This will remporarry out off your opponent's air causing him to gaqual owing you the choice or either breaking official action.



Note Expessive use of alcohol, tobacca and most certainly drugs will contribute to your lark of energy when the need to every variety arises. Smoking not only enterbates to heart disease large throat and month cancer but a down source the system of oxygen and passons the life group blood to the extent of retarding normal growth. If you feel that you must either dead or smoke do its to moderate your habit lifeally it would be much better to stop.

Street Fighting Stance

Experience castanger is that the test possible highling stance to adopt and use which here is the chance of danger are, which to open aggressiveness has begun in one which shows no host try yet merares your darken if required.

The tost on should be as for ows. The body should be related yet really fill of the first life facing the opponent with rest should be with apair one foot's only africant the other which synchists king hard. Your knees should be supply then weight even you appear and up are eyes in upponent school. In this way, it is possible to delect any movement in me, her the opinions arms or eight. A confident appearance is most in suitant also feel this cause, he at acker to hack down.

STEP FIVE

The Five Movements of Dymo Killer Karate

When you have undergone the hanc conditioning, and gained both speed and strength from the exercises you are ready for the most important step of air the tive specially designed moves they your personal tience of Dyrno Killer Karate. The way in which they will be written out or you lease of understanding size follows.

- (a) the type of attack you are most likely to encounter,
- (b) the Dyrap counter movements themselves

DYMO MOVEMENT ONE

Standing Face to Face

How does train all start. It usually begins in one of two ways.

- a. I evolves through acquired and is therefore predictable
 - b. I spice medity another planned to take you by surprise!

The first fums of attack is usually the easist to deal wall by enturior the fact that you and the appreciawill note. Not that is the standing fung one another. Since if you even you you set is to be a consider that is the standing fung one another. Since if you even you you set is a considerable as the standing of the standing of

- a. He will point and stab at him with an outstretched hinger or
- (b) He we geat the applied his jacket or a handful of sweater

Counter

Let you inpropent get as close to you as possible, the nearer the netter. Choose your time and thought kin

- at Stet, place y forward on your left led so that the floot of you high shoulder a lounding time front of his right shoulder. Any outstretched octaining a stable is larger with the weept anothe by your body as you see! I work receive as with every imprement in the course yours much be course yours and efficient.
- (b) Kick as I kicking a ball with toes pointed, with your right led so that you legisterings at preside and past the right legion your adversary. At the same time giab hillieft appears shoulder with your right hand. If he is pointing, their grab as fair up his light airm as possible with your fulf hand. None out of ten men stabbling with a pointed finger will leabusing another are fixely to be using their right hand. Should he don't he point in a grab his shoulder.

c) The final movement is to sweep sownward and outward with your righting sweeping down as harr and quickly as you can from the nighest point of your opward kick. Your legitudines would upported to the or least either at his kneeline ghost point of your eightine will least you will be presented to the section. This action of sweeping away a man single in one quick movement will up the figure movement will see that a man out his tack. But there is now as fext a buict that will done correctly completely dispense with your hair got bother about that it doubt that occasion and unless heris is foot on any other occasion. At the exact context with his run as hard as your ran wife you let that failed find make a like that they have a supported to the stock of your appointed to the your story when overnous is you. According to the amount of time you have specified in the figure of the provides show a their strike the ground hand if you are some as a strop M.

Don't then ever be tempted to precisice this movement with a livered at full speed, through fear of hurting him. Your accuracy and skill will develop just as well in fact better if you go through each movement slowly and think of what you are doing. Remember these Dvino moves have been carefully selected for their devastating effect and suitability of application from the many hundreds of moves that are possible Practice this movement until it becomes second nature to you and then should you be forced to use it, you can be contident that it will be 100% successful every time.

ILLUS M



DYMO MOVEMENT TWO

Attack From Rear

The most rummor form of a renewal-test attack is obviously enough from the rest Or could dimost imagine 1. If the of a tack being a rollow up of tack as events and completed You have give a rollow so you hought substitute that thought you not not not need away only the asserted continuing. The live so internally in the rollow of advantage. You jub is the asserted in the release two ways that you may be approached from behind.

- (a) By running attack
- (b) By quiet surprise

Of course, any man who is lool enough to herald his approach by running at its intended play would not enrilly will also advantage of surprise. On hearing the sound of running feet any man would full not o ace the unit right. Therefore we must assume that with the exception of a follow up of be sterrill agent fitter a qualities a lattacks from the real would be of the surprise type.

There is no way that if can be said that a man we light and hold another from be wish many before must a consistent. The respective hight of the meniconcerned being not be read in a pixillar entering the respective hight of the fact that attacks from the real can be divided into the fact which attacks from the real can be divided into the fact which attacks from the real can be divided into the fact that attacks from the real can be divided into the fact which attacks from the real can be divided into the fact when processing the fact of the fact that attacks from the real can be divided into the fact that attacks from the can can be divided into the fact that attacks from the can can be divided in the fact that attacks from the can can be divided in the fact that attacks from the can can be divided in the fact that attacks from the can can be divided in the fact that attacks from the can can be divided in the fact that attacks from the can can be divided in the fact that attacks from the can can be divided in the fact that attacks from the can can be divided in the fact that attacks from the can can be divided in the fact that attacks from the can can be divided in the fact that attacks from the can can be divided in the fact that attacks from the can can be divided in the fact that attacks from the can be divided in the fact that attacks from the can be divided in the fact that attacks from the can be divided in the fact that attacks from the can be divided in the fact that attacks from the can be divided in the fact that attacks from the can be divided in the fact that attacks from the can be divided in the fact that attacks from the can be divided in the can be

- 1. neck holds 48%
- 2. shoulder holds 22%
- fair out mg = 35%
- 4. waist holds 8%
- 5. others 8%

Neck and Throat Lock 46%

This is the most dangerous to deal with and the one where a solution must be found QUICKTY because it will restrict your air supply. Air of course is absolutely essential at all times but if you are called upon to fight if eiligou must rave its and loss of it. This question of all supply and its effects on this body is of utnoss importance and when understood by you, can be of immeasurable value when dealing with a drug, it must be realized that it is very hard to stop someone who is intent on murdelinesty attacking you. By that is meant an attack from an insane psychopath. To deal with a druck or all a fleeted punch from the man unstains or an attack by a highrened teenager is one fining. But infortunately life fact is that many leaders may well be faced with an aggressor of a much of ferent callotte.

This heing so we must digress for a moment here to consider fighting and the nature of man in general. There are basically two types of minds behind the flubters.

- those who are netural born fighters, and
- those whose lature is not violent yet who limit themselves forced into action for niteleason or another and so basically are out of character doing so

There is a time) group but inly time thing in hundreds, thankfully, can be blaced into it. This group — the psychopathic group — is very small.

1. Is human nature for a liornal man to subconsciously know fairly accurately how much lamage to similarly telesports and the interpret of the withdraws from any compart. There are very few who are fear of personal narry. The real of Regative is the ween positive and negative attitude in highting. Mr. Positive include on highly the other. Mr. Negative concerned only with how much he is gett an aud. So the ways in which to stop a man while fighting depends also on the type of man and the extent of his positive or negative attitude.

The Negative Attitude

Generally speaking, no act at physical violence should arise out of aid spute with an interview peace owing map. As it is footh to fight ig the w be more than preased to talk

towever with a man who is perhaps not too sure of nimself or a young mexperienced mugger or all or activities with a manufacture week for any feelings of objection, wasts onto not reliable to the activities of or age in sizes a reducing to removal the structure of week also as to any or activities of the structure of the activities of the structure of the struc

The Positive Attitude

The man while, a minimum of considering only to take a full mode become need that you are not would be risk while it is need to meete it is not fly main a shouth or a minimum of the risk. A place it is not fly main a shouth or a minimum of the risk. A place it is a function about the white it is not to the risk. A place it is a second with a part who of second form any angle in a risk of a safether with a risk manufacture a amount so if how a positive what it is flowed positive expressed of action is quaranteed to give at a school second. I would it along younget freing a reference of the who intenses to attack somebody quickly in the risk of the intenses and another second manufacture of the whole it is formed and an arm many of a constructive of the particle of the risk of

He what I is hit you with? Norman can arrive tuck words it was not ellow. That is not far Then you find a hand mere your own mouth. Now you re being attacked. What is happening? You are is undown is to not the an acking of your This never nappenish what is not received by it to july on all the unit by its aims such and not not your arrives no a hand to ack you see that is see a see a see a fing it so your life eye done in a later to your established your legs taken you have the very fill yourse in look in your aims in a strong on large what it your known is not in your aims in a astrong on large what it you was a strong on large what it your acking it so your look of any your property of the property of unconsciousness hower poor your property.

The experience which from follow the Dymo course of extraorum an ability of a may think is near that exact the area of a Anity of short reported in the area of a Anity of short reported in the area of a Anity of short reported in the area of a short of a short of the area of a short of the area of a short of a s

The planer vipe or a concent ment of end of your much more damperous at 10° file in a challe end of will.

There are only 1° end of ways in single man who leadly interest of ender violation. In the interesting cress and who will not stop at even multiper.

- a) to break his limbs so that his body cannot function,
- b) to knock the air out of his chest and starve him of more air
- f in the artists of the property system are or the artists in migrature in the artists in migrature.

Let us return to the attack from the rear by a neck hold.

Counter

The lock arm thear classifier book if year exponentise low are figure or year. In pulse, or use to relieve the residence of the properties of the residence of

Grain the or ising permanent in the environmental process and one many and in english will be of her such downward to release the lies. As while enk upmoving wheels and nickly lings hove a seast in amount of the same me unrang towers your appointed. See I have at one same me unrang towers your appoint of See I have at one same.

You set in the oth some practice on a friend that if you retain you, give the now will must be fraced to make it must be fraced to make the now and a new thereby of the movement should be any member you has tur. You are not a treat and expression of the normal problems to the problems



ILLUS N

But what the has either two arms around your thought or has a find given any one had will cred which of the following effect latives to employ But for white much Remember your air supply.

- 4 (If his head is on a level with yours, then reach back and try to get one hand behind his neck. If you are usky in this iget your other hand over his mouth. A sure fire way of securing your release.
- Smash as hard as you possibly can with your elbow into one of more of the nerve centers of his upper body
- White hanging onto his arm kick with all your force into his knee and ship. Scrape down his ship stamp on his instep. Only when his hands are loosened from your neck or his grip on your hair is released can you then duck down and effect the original movement.

The above moves can be applied to a waist hold

Attack From the Rear with a Strangle Hold

Counter

City a index pice ending the intertingen with vaich hand and lenk hand to think this quit. After meaking upp funct, face in materials ing your hold on the tinger Continue with vigorous knows at three smusting.

DYMO MOVEMENT THREE

Attack from the Front with Club or Fist

A deletions to non-for downwar thead blow with data. List

Counter

Block Est objective with yours and Ever the unique of the first Abovers the sixth as you while is known first as not in five and insight of known as with our only of the appropriate for types attack. The open paths technique is most effective out a saturation and it was into any instance in the least and P.1.

At acker past men as univiously but this time ages a backer is now with recently the club.

Counter

Starr olds in list invide with foreach Deliver both of hand from to facial areas to thow attacket. If belance Policewip with attack as above

Nate. In the case of a club you must make your first owner on high up on the attacking one as possible so as to avoid connecting with the club. The reason for this is obvious.

DYMO MOVE WENT FOUR

Attack from Three Quarter Angles

instead in any agential not the victim incommunity assume the incommunity in Aurice A ways recently and ask vicin sent on Know where you are on now the On the street alone end have income and use and use and a sent on a share of herniessness. With an allow the one of the order of herniessness, which are allowed from the safe income as a transverse to the safe and the

Counter

Don't wait for you lassal antity his or grab you in this case, you must make the first move. If you are cell tain that he intends to ottack. Two actions smoothneously at a numbing attacking many or dimmediately dissuade a man who expects a helpless pray.

- a Thrist your hand open upwards toward his face and kick out at his lower legs or knees. (See Illustration O. I the timing of your cowing hand is get your a tacker will be inable to modification in the The upward notion of the hand is then changed to a downward notion as you tout the tips of your Ingers and halfs down across the eyel dalsed it is ration O). That ing the ower tids and even the eyes.
- b) immediately follow this attack with an open palm spread lings with 10 the sile of its face with you other hanc. On impact form your hand into a claw and writtle clause microbility above it is not possible. The sile of his face (Sire.) justified P.



Don't use this type of attack unlies you really need to. If your attacker is still moving forward and nethoris table forward. I is possible to lear a large portion of his face away.

In the event of your first open hand aimed at his eyes being blocked by his instinctive, educing up to incidence his face, either network a purior to his body or still step it, vigorous vikin kit in above the knees our ig him down. See it is tut on of Anacher isseful weapon against a running man is a power vixed parable kit le hand swing to the throat. If a man is running on to such a blow, then it will finish him for lighting altogether.

Finally always set your body in readmess to receive a ninhing attack. Strange as himay seem, you in biased correct by halancing with feel apair, are in a better position of advantage than the utracks.

given the chance ident miss the opportunity of helping your adversary on his way by glabbing his out stretches arm is bound here be have an opening your regimeters of his asine which have be have ast in take. By you highly atrivials you try him you down leffect a very stady face fall which would give you the chance of delivering suitable kicks to his body and vital herve centres.

(Re. Charta)

THE FIFTH AND FINAL DYMOMOVEMENT

This is the counter to a kindle attack. A though of course such an artain is very langerous in a normal are termy as many which like to make out in siderause of the lagratum lease in such attacks in members, fithe more your trained in that he authoritees that it showed be only set in the number.

Kriefe Attack One Forward Lunge

Counter

When aggressor transment the side of the kind and deriver as along since kinds at one at the wilk of your exporters. Since we also the Kind of your objects the side of the si

Remember always attack to force A ways have the conviction to be unjour atthough it may we are totally against you, nature. Remember one good blow can save a cozen what likes

Knife Attack Two

Short Rapid Lunges in Successive Motion

Counter

Diver latter from in the most devastating way possible past how best in no hors takes a latter rings of it is most lagaritan. The your hand indexestable the value of to leave in takes a latter to include as the observable of the acceptance of the past of the control of the co

ILLUS R



The most awardie supply of small items that you could throw at your opponent can be found in your pocket. So, decide the best way of diverting attention and then do it if there is not a way worth ticking, non-wall for your opport inity. To have your money demanded from your pocket is or collise an ideal opport in ty to find a lobject to throw the claver obtain the thing. A classic label that was told of using a world to the claver third. I not sold to thing a world the claver third. I sone which is volved a gentleman whose hones in surjectionable. He was held a the sold to file kindle by a heavily out tind while working home one even on When aske it is han one of the sold to file kindle by a heavily out tind while working home one even on When aske it is han one of the sold to file kindle by a kindl

Dican be learned from it is. that to light is not always the only action apen in one who is attacking. Discreting has its place it come our tive especially prepared Dymo moves, but always remember it use your than as well as your holdy when outwelghed by the odds of a kindle or goin.

To return then olour attack with a kindle, divient the attention in one of the following ways. Jumbly epoint or sinow a small object. With a sem circular kick tool ich will keep your only os, of range. See Mustration R smalls hand or arm with shoe. Quickly to low with full blow kicks to the lower our tot the horly and legs. No manisar give pursuit with badly bin is adject.

in conclusion, these following points must be stressed. Only attempt a detende against a kinife or just if the infly attendation of efficiency would be sections or fatal injury. Do not attempt it injury in grapping with a kinife in kinife in keep your head and apperthody us far away from the weapon as lossifier where there is space always from our of the way of a tack, and asopt the kink kines enjectival (7) lefe act. Always my to keep call to 3 must study that a billion degree of the tack kines enjectival (7) lefe act. Always my to keep call to 3 must study that our conscientions place to Fillow all informations on call walk.

The first in its voice, must noise to cause it in your hands while raising the general standards of your least that other sizes with our could too include so. If we stift the our of goal answer day no your instance in or ment will be your our at the various movements of the pourse even. It means that your moust confide in him and let him into nyour secret.

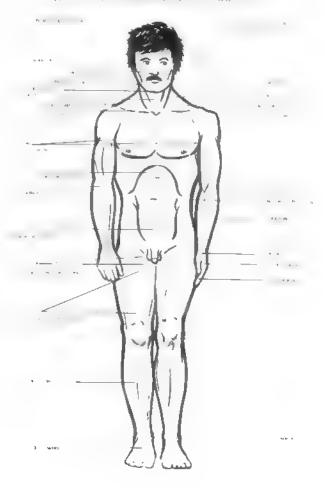
Speed up your body are your dymo defence moves are second nature and can be nested here in a sportshoot. Remember the faster the move, the greater the element of surprise But remember also that air prize is pulce to faste.

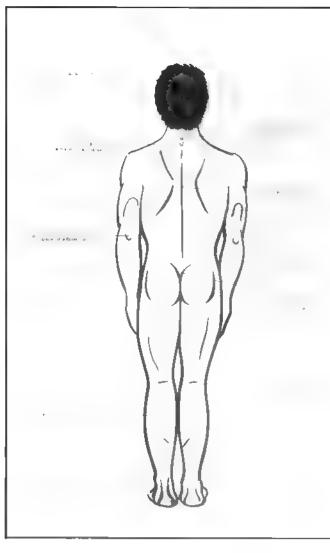
Finally remember that after you have mastered the live Dymo Killer Karate moves, it sia bird stick. Carry it softly and best of luck?



The rext Mineules according to the teverled to further tive increase of your widybulk. We are also going to the life along label or want in the life to those of you who are according an orbital about or increased with a manual be even to those orbital phase into assists on about a row or you the secrets of maintaining a trim was sile further rest or your deliver in the context of the phase orbital phase or the secrets of maintaining a trim was sile further rest or your deliver.

. The Markett Bank of the matter of the Markett Bank of the matter of t





HERCULES [

(Apollo - Power - One)



lesson



. ESSON FIVE

By now you should really be on your way to getting stronger and more massively developed. Here it elle ew questions that fellows have furwarded to this other flow time to the enthur answers ale it over ded by us

What happens when I guit? Will I turn to fall or the young?

A. The record of the standard of the standard

Can one be too old for exercise?

A. Provi bed you are in located health one is payer too or fit exercise. Naturally if you are really pushing the years, here you up it expect to thair like a yilling manuseheally sphaking every normal person rountiess if age, an benefit engrouply from selection exercise.

Q. What is the maximum weight gain a normal fellow can make each day?

A. Acidary we have known one man who costid easily gain up to night possibly also bay 800, we admit to take the acid as tradent follows our recommendations in the night as trading gain 5.7 no incision were the gaining of a positional ray will stow up to less Remain are a specific a round of any leads to an overall borryweight possibly as 1866 poor residual. And night were gaining of a control of the whole are gively to tree 50 positions that they also expect The minor act to by a cinable sent to the property of the prope

Q. What are the henefits of vigorous exercise on a normal man?

A A nerson while the low a pregram of physical exercise feath fetter enjoys in an accept, and eath mile Chances are visit that will is stringer warrier and tests in the superior and eath mile service of the superior of the

O. Does heavy exercise prevent one from growing tall er?

A Definition of activate and hang sever sea that are designed to left underson real himaximum stallar and repetitive organization of a virial and organization eight several harders and above on status allowing to the easily writing organization of a virial organization of the easily writing organization or the easily writing organization organization or the easily writing organization or the easily writing organization or the easily writing organization o

O. What controls the bodyweight of a man?

A. His lear the an just of vigorous exercise loop and sleep he takes.

Q. Is weight lifting good for building muscles?

A Y is to the wind sumptified a conditional value of the property he for a second training of the property he for a second training of the property has been decompared by the property of the property has been decompared to a second training of the property of the proper

Q. What are the best bodybuilding loods in your opinion?

A We cannot be now be to the special of the property of the pr

Q Is tia good idea to strain while performing the Hercules II exercises?

A flow is a constant of the co

How should a breather using the special exercises you recommend in this program?

A. This is is major by Breat concerned repretation in the fine the harders. 301 In it is is an information during the easiest performance of the fine the harders.

Q. Does the Hereu as II program, involve progressive training? Exactly what is progressive training?

A. This Hercures thanking in managers is therefore that around the progressive in the properties as well an injury impairs had the sady a subject of the progressive growth size. In contract which is the same program agets fought, and number as you advance is the major of consequently your mission or contract of the same size of

This Weeks Schedule

You whedure the week in fertical or that the vice who in each The now with energy with energy with an arrest death exercise for with a rest of which settle

















From hugh the enathmistance is resembled by the state of the first way in the state of the state



As there even a stay signs the State Heinra, see, that it is, it is to a certain non-view between the customas services thought he was set in the services of the desired of the production of t



As we ment oncit tust week in liesson too 4, we are going to let you in on all the relevant facts about found weight.

- I. Arryone in normal health can lose weight.
- 2 bosing weight surmatter of earing on that you likely sill egently it in the
- 3 Weight as can be accordance y the engaging of engine in your in 2015 of according to Fig. 1, according to the engine of the engine of as accordance in . The second of the engine of t

If you are overweight, the hisse thing to decide is just how much weight you would like to lose. Upourish? 20 pounds? Or do you just have all the excess favilationally or wais? Decide now in accause you are not going to stop rrying unterlyou have tost every nunce of fair from your hindly. We do not recommend that you get so pounds about your mady we do not recommend that you get so possible in the young it is that you get so possible induction odd in ake from what it was lift the losely quest at about your healt you should be dought of upon any included or fact it always a book. If the losely not provide an area to a several point and the about your healt you should need about the provide of the provide in a provide of the provide

So is seen with weigh yourself then will be down on case is said in what we not all an may used to see how. But fown in the Asia how at least about the inches of their system in the last of the system in the system in the last of the system in the system in the last of the system in the last of the system in th

Exercise is in pior anti-wher inlying to reduce thecause it does three things.

- 1. It helps firm up and tone your muscles
- 2 It gives you energy which dieting without exercise oons not in
- 3. It helps loose skin tighten up around your body

Don't be fooled by the IO Interest add you see for educing table on the subs. The ware it seets in which can safety take off fairly tiesue. There are no special tall undoing foods or IM racie Dies. A lack the problems sensibility is imply expresse egularly and reduce tiose faithering foods or the roote-each sheek. Keep aft over or vour progress by weighing yourself foor yime in time. It is assume that IMC down wan it will be impossible task. If echirally every cerefit you make title similarly want you induce the all enling meals and shacks you have eater indice trade on high protein foods and lequal as about it.

fero are a Flow lips 1. The Person Writin Wants 5: Lose Weight L.

- 1 Onn't oversteep. Eight hourt is about imough
- 2 Keep on the move, especially after meals.
 Walk requirely.
- 4 Durill wirry after thinger panes. They are use style and the stribut conduct to a series of the series of the
- 6 Br : IEE | I p = 3 | S | Why you ear Joint take a shall roll and established the content you are an anthorough.
- Granually set over your eating a little more each week.

 Take ours over your posture, Walk and stand eract.
- 8 Don't expect miraculous results
- J. You are expect, which is not every walk who is now at the first time to time
- 10. Establish Colors you found take a look kele or
- Prenare you self to become a little depressed. I will pass.
- 2 Diet cola before meals can lessen your appetite

Wherear we is not only a hat you dry and count every cafore we are listing some fools and the indice content to give you do it leads which foods to avoid Remember the fewer call it is you can be more flabuly weight you will lose.

Next week we talk about huir health. Whether you have a lendency to fose, all or not, the advice in his next lesson (No. 6) can help you give your hair at, the help possible.

We will also held vind you more must abulding furtion which will take you to the hartway man-in this course. Included allowed be the full facts about protein supplements as an aid to your bought in ling tiull



AOBERT MAIL ON

YOUR CALORIE COUNTER

Food Counts in Normal Portions (as calculated by the U.S. Department of Agriculture)

Values for Cooked Vegetables are Wishous Added Fet

MILK AND MILK PRODUCTS:

Buttermilk, from skimmed milk, 1 cup	95
Mitk, cow Fluid, whole, 1 sup	165
Fluid nonfat (skimmed), 1 cup	85
Evaporated (undiluted), 1 cup	345
Condensed (undiluted), 1 cup	980
Dry, whole, 1 tablespoon	40
Dry, nonfat solids, 1 tablespoon	30
Cheese, 1 gunce: Cheddar (1 in cube)	115
Chedder, processed	105
Cheese foods, Cheddar	90
Cottage, from skimmed milk	25
Севант	106
Swiss	105
Cream 1 tablaspoon. Light	30
Heavy	50
Beverages, 1 cup	
Chocolate (all milk)	240
Cocce (ett mitk)	235
Chocolate flavored milk	185
Malted milk	280

Desserts	
Blanc mange, 1 cup	275
Custard, baked, 1 cup	285
Custerd pudding, canned, strained, (infant food), 1 ourses	30
Ice cream, plain 1/7 of quart brick	165
8 fluid ounces	295
FATS, OILS, RELATED PRODUCTS.	
Becon, medium fet, broiled or fried, 2 slices	95
Sutter, 1 tablespoon	100
Fats, cooking (vegetable fats)	
1 cup	1770
1 tablespoon	110
Lard, 1 tablespoon	126
Mergerine, 1 tablespoon	100
O(ls, saled or cooking, 1 tablespoon	125
Salad dressings, 1 tablespoon.	
French	80
Home-cooked . , , , , , , , , , , , , , , , , , ,	30
Mayornaine , , , , , , , , , , , , , , , , , , ,	90
EGGS:	
Eggs, raw, medium [,]	75
1 white	15
1 yolk	60
From dead whole 1 can	640

MEAT, POULTRY, FISH

Beef, 3 ounces, without bone, cooked:	
Chuek , , , , , , , , , , , , , , , , , , ,	165
Hamburger	:15
Sirtoin ,	255
Beef, canned	
Corned beef, medium fat, 3 ounces	180
Corned beef hash, 3 ownces	120
Strained (infant food), 1 ounce ,	30
Beef, dried, 2 ounces	115
Beef and vegetable stew, 1 cup	250
Chicken, canned, boned, 3 ounces	170
Chife con carne, canned (without beans) 1/3	170
Clams, raw, meet only, 4 ounces	90
Cod, dried, 1 ounce	105
Crab meat, canned or cooked, 3 ounces	90
Flounder, raw, 4 ounces	80
Haddock fried, 1 fillet (4 x 3 x 1/2 in.)	160
Halibut, broded, 1 steak $(4 \times 3 \times 1/2 \text{ in.})$	230
Heart, beef, raw, 3 ounces	90
Kethneys, beef, raw, 3 ounces	120
Lamb, leg roast, cooked, 3 ounces	230
tlamb canned, strained (infant food), 1 ounce	30
Liver, beef, fried, 2 ounces	120
Liver, canned, strained (infant lood). Tourice	30
Mackeral, canned, solids and liquid, 3 ounces	155
Oysters, meat only, raw, 1 cup (1319 medium 51ze oysters, selects)	200
Ourtes steer 1 and with 6 . Pourter	241

Park Join or chaps, cooked 3 ounces without bane	285
Pork cured ham cooked, 3 ounces without bone	340
Pork luncheon meat canned spiced 2 ounces	165
Salmon, canned, pink, 3 ounces	120
Sardines, canned in oil drained solids, 3 nunces	180
Seusage Bologna, 1 piece (1 a 1½ in, djam.)	465
Frankfurter, 7 cooked	125
Pork, bulk, canned, 4 cunces .	340
Scarlops, raw, 4 ounces	90
Shad, raw, 4 ounces .	190
Shrimp, canned, meat only, 3 ounces	110
Soups, canned, ready to serve. Baef, 1 cup	100
Chicken, 1 cup	75
Chicken, strained (infant food), I gunce	15
Clam chowder, 1 cup	85
Tongue, beef, raw, 4 ounces	235
Tuna fish, drained solids, 3 ounces	170
Vest cutlet, cooked, 3 ounces without bone	185
MATURE BEANS AND PEAS, NUTS	
Atmonds, shalled, unblanched, 1 cup	850
Beans, canned or cooked, 1 cup	
Red Kidney	230
Navy or other varieties with. Pork and tomato sauce	295
Pork and molasses .	325
Beans, lima, dry, 1 cup	610

Brazit nuts, shelled, 1 cup	905
Coconut, dried shredded (sweetened), 1 cup	345
Cowpeas, dry, 1 cup	685
Peanuts, roasted, shelled, 1 cup	805
Peanut butter, 1 tablespoon	90
Peas, split, dry, 1 cup	690
Pecans, 1 cup, halves	750
Soybeens, dry, 1 cup	695
Walnuts, English, 1 cup, halves	655
VEGETABLES.	
Asparagus.	
Cooked, 1 cup spears	35
Canned, green, 6 spears, medium size	20
Canned, bleached, 6 spears, medium size	20
Beans, lima, immature, cooked, 1 cup	150
Beans, snap, green, cooked, 1 cup	25
Beets, cooked, diced, 1 cup	70
Broccoli, cooked, flowee stalks, 1 cup	45
Brussels sprouts, cooked, 1 cup	60
Cabbage, 1 cup Raw, shredded	25
Cooked	40
Carrots.	
Raw, grated, 1 cup	45
Cooked, dicad, 1 cup	45
Cenned, strained (infant food), 1 oz.	10
Cauliflower cooked flower buds 1 cup	30

flaw diced	20
Cooked, diced	25
Collertis, cooked, 1 cup	75
Corn, sweet Cooked, 1 ear (5 in, long)	85
Canned, solids and liquid, 1 oup	170
Cowpess, immature seed, cooked, 1 cup	150
Cucumbers, raw, 6 slices (1/8 in. thick, center section)	5
Dandelion greens, cooked, 1 cup	80
Endive, raw, 1 pound	90
Kale, cooked, 1 cup	45
Lettuce, head, raw 2 large or 4 small leaves	5
Mirshrooms, canned, solids and liquid, 1 cup	30
Musterd greens, cooked, 1 cup	30
Okra, cooked, 8 pods (3 in, long, 5/8 in, diam.)	30
Onion, raw Mature, 1 onion (2% in. dram.)	50
Young green. 6 small ornors without tops	25
Persnips, cooked, 1 cup	95
Peas, green Cooked, 1 cup	110
Canned, strained (infant food), 1 ounce	15
Peppers, green, raw, 1 medium	18
Potatoes.	
Baked, 1 medium (2% in. diam.)	98
Boiled in skin, 1 medium (2% in. dium.)	120
Borled, after peeling, 1 medium (2% in diam.)	108
French fried, 8 pieces (2 x ½ x ½ in.)	158
Potesto China, 10 medium 12 m. dam 1	110

Pumpkin, canned, 1 cup	75
Radishas, saw, 4 small	5
Rutabagas, cooked, cubed or sliced, 1 cup	50
Soybean sprouts, raw, 1 cup	50
Spreach	
Cooked, 1 cup	45
Cannad, strained (infant food), 1 ounce	5
Squash	
Summer, cooked, diced, 1 cup	35
Winter baked, mashed, 1 cup	95
Winter, canned, strained (infant food), 1 ounce	10
Sweet potatoes, peeled, 1 sweet potato	
Baked (5 x 2 m)	185
Bo led (5 x 2% in.)	250
Tomatoes.	
Raw, 1 medrum (about 2% in. diam.)	30
Canned or Cooked, 1 cup	45
Tomato juice canned, 1 cup	50
Turnips, cooked, diced, 1 cup	40
Turnips, cooked, 1 cup	45
Vegetables mixed canned strained (infant food). I ounce	10
FRUITS	
Apples, raw, 1 medium (25 in. diam.)	76
Apple juice, fresh or canned, 1 cup	125
Apple betry, 1 cup	345
Applesauce, canned sweetened, 1 cup	185
Apricots	
Raw, 3 apricots	55
Canned in syrup, 4 medium halves & 3 tablespoons syrup	95

Apricots (cont'd)	
Canned strained (infant food) 1 ounce	15
Dried, cooked unsweetened fruit & figured, 1 cup	240
Avocados raw peeled fruit (3½ x 3% in)	280
Bananas, raw, 1 medium (6 x 1% in.)	90
Blackbernes, raw, 1 cup	. 80
Blueberries, raw, 1 cup .	85
Cantaloupes, raw, % melon (5 in diam.)	35
Cherries, 1 cup, pitted Raw	. 65
Canned, red, sour	. 120
Cranberry sauce sweetened 1 cup	550
Dates 'Fresh and dried pitted and cut, 1 cup	505
Figs, raw, 3 small (1% in. diam.)	90
Figs, dried, 1 large (2 x 1 in.)	50
Fruit cocktail canned solids and liquid it cup	180
Grapefruit, raw, 1 cup sections	75
Grapefrust juice. Canned, unsweetened, 1 sup	90
Frezen concentrate, 6 ounce can	295
Grapes, 1 cup American type (slip skin)	85
European type (adherent skin)	100
Grape juice, bottled, 1 cup	170
Lemon juice, fresh, 1 cup	. 60
Lime piece, fresh, 7 cup	. 60
Oranges, 1 medium (3 in. diam.)	. 70
Orange juice. Fresh, 1 cup	
Canned, unsweetened, 1 cup	110
Frozen concentrate, 6 ounce can	300

Papayas, raw, cubeo, 1 cup	20
Peaches	
Raw, 1 medium (2% x 2 in. diam)	45
Canned, strained (infant food), 1 punce	15
Canned, in syrup, solids and liquid, 1 cup	175
Dried cooked unsweetened 1 cup (10~12 halves and 6 tablespoons liquid)	225
Pears	
Raw, 1 pear (3 x 2½ in. dram)	95
Canned, in syrup, 2 medium size halves and 2 tablespoons syrup	80
Canned, strained (infent food), 1 ounce	15
Persimmons, Japanese, raw, seedless kind, 1 persimmon (2% in, diam.)	-
Pineapple:	
Raw. diced, 1 cup	75
Canned, in syrup, 2 small or ? large slice and 2 tablespoons juice	95
Pinéapple juice, cannad, 1 cup	120
Plums, raw, 1 plum (2 in. diam.)	30
Prunes, cooked, unsweatened, 1 cup (16–18 prunes and 1/3 cup (rquid)	310
Prune juice, canned, 1 cup	170
Raisins, dried, 1 cup	430
Raspberres, red, raw, 1 cup	70
Rhubarb, cooked with sugar, 1 cup	385
Strawberries	55
Raw, 1 cup	
Frazen, 3 ounces	90
Tengennes, 1 medium (2% m. diam.)	35
Tangarina juice, canned, 7 cup	95
Watermolous, Vision / 1/4 v. 10 m.)	45

GRAIN PRODUCTS.

Barley, pearled, light, dry, 1 cup	710
Biscuits, baking powder, enriched flour, 1 biscuit (2% in, diam.)	130
Bren Flakes, 1 cup	115
Breads, 1 slice	
Boston brown, unanriched	105
Ryn	55
White unenriched 4 per cent nonfat milk solids	65
White enriched 4 per cent nonfat milk solids	65
White enriched 6 per cent nonfat mirk solids	65
Whole Whyat	55
Cakes	
Angel food 1 in sector (1.12 of cake 8 in diam.)	110
Doughnuts, cake type, 1 doughnut	135
Foundation, 1 square (3 x 2 x 1½ in)	230
Foundation, plain icing, 2 in. sector, layer cake (1/16 of cake, 10 in. dram.)	410
Fruit cake, dark, 1 piece (2 x 2 x ½ in.)	105
Gingerbread, 1 piece (1 x 2 x 2 m.)	180
Plannicake and cupcakes 3 cupcake 2 con dramin	130
Springe, 2 in-sector (1/12 of cake, 8 in. diam.)	115
Coreal funds dry procooked (infant food) I ounce	105
Cookies, plain and assorted, 1,3 in. cookie	110
Corn bread or mulfins made with enriched. degarmed corn mest, 1 mulfin (2% in. diam.)	105
Corn Flakes, 1 cup	95
Corn Grits, degermed, cooked, 1 cup.	
Unenriched	120
Enriched	120

Crackers	
Graham, 4 small or 2 medium	56
Soda, plain. 2 crackers (2½ in. diam.)	45
Farina, enriched, cooked, 1 cup	105
Macaroni, cooked, 1 cup	
Unenriched	210
Enriched	210
Mulfins, made with enriched flour, 1 mulfin 2% in diam	135
Noodles, containing egg, unenriched, cooked, 1 cup	105
Oatmaal or rolled pats	
Coaked, 1 cup	150
Precooked (infant lood), dry, 1 oz	105
Pancakes, baked wheat, with enriched flour 1 cake (4 in, diam)	CO
Pres, 4 inch sector (9 in dram)	
Apple	330
Custard	265
Lamph marringue	300
M nce	340
Pumpker	26%
Pretzels, 5 small sticks	23
Rice, cooked, 1 cup	
Converted	205
White or milled	200
Rice, puffed, 1 cup	55
Rods plain, swiched, 1 roll (12 per pound)	120
Spagherti, unenriched, cooked, 1 cup	220
Waffles, baked, with enriched flour, 1 walfle	215

Whele 1 years transfer	
Whole, 1 cup stirred	400
All purpose or family flour Unenriched, T cup sifted	400
Enriched, 1 cup sifted	400
Wheat germ, 1 cup strred	245
Wheat, shredded, 1 large biscuit, 1 pz.	100
SUGARS, SWEETS	
Candy, 1 ounce.	
Caramets	120
Chacolate, sweetened, milk	145
Fudge, plain	115
Hard	110
Marshmallows	90
Chocolate syrup, 1 tablespoon	40
Honey, strained or extracted, 1 tablespoon	60
Jams, marmalades, preserves, 1 tablespoon	55
Molasses, cane, 1 tablespoon Light	50
Blackstrap	45
Syrup, table blends, 1 tablespoon	55
Sugar, 1 tablespoon	55
Granufated, cane or beet	50
Вгомп	50
MISCELLANEOUS	
Baverages, carbonated, cola type, 1 cup	
Boutton cubes, 1 cube	105
Chocolate, unsweetened, 1 ounce	2
	140
Gelatin dessert, plain, ready to-serve, 1 cup	155

Olives, pickled "mammoth" size, 10 olives.	
Green	70
Ripe Mission variety	105
Picktes	
Dill cucumber, 1 large (4 in: long)	15
Sweet cucumber or mixed, 1 pickle (2 + in long)	20
Sherbet, % cup	120
Vinegar, 1 tablespoon	2
White sauce, medium, 1 cup	430
Veast	
Compressed bakers, 1 ounce	25
Dried brewer's, 1 tablespoon	20

HERCULES II

[Apolio - Power - One]



lesson

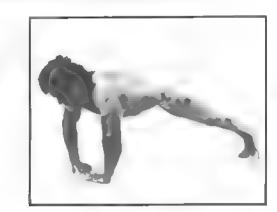


LESSON SIX

This is the halfway mark. You should now start to accelerate the bare at which you workbild for errafly speaking, the more training you can no in a shoil space of termine you can be well plue Most of Tay his your will not your three a week workboats take about 15 minutes. If they are taking much langer then you are training too slowly. Speed you

This week we will add just one exercise

Next week your WHOLE TRAINING SCHEDULE CHANCES. Next week you or is a title HERCULES. SCHER PUMPING SYSTEMS Minaryer in your additional oversular for this week is:



The Tricep Extension

3 x 6

• (arms)

this only

- Arford the position shower in instruction (a) Now over you lookly and lyou are exing on your forelarms with hands about two inches apart.
- From this position simply straighten your arms. Itting your body as though you were foing a regular pushup.
- 3. Return to the original position, continuing for 6 reps



Winter Teach arising



2 Juni Te Flori Dirk Ha 10



3 shore Grig Code Pushuas 4 x 8



4 Staty Squart 4 x 18



5 Heroiles Law Day 4 x 5



6 Schillerin 4 cS



7 Doorway Puls 3 x 6



8 Seated Alternate Leg Kicking 3 x 15



9 Triceps Extensions 3 x 5

HOW TO CARE FOR YOUR HAIR

Hair thair thair. So you re balding? Hurt's doesn't it? But even i you elliot owing hair it sia good idea to look after your scalp so that you can do all that is possible to prevent excessive hair loss.

Eirs, or all we want you to inderstand that baldness is many yhereditary. If your father, a receiving a unit of the reason was additive chances are that you have you tast if it iming at a constraint you are any one in a depression of the process arms the aparea ably slowed with a sensitive x within a visit the lag inty of CABHS the har can't be care. Further a way that the four cases is insured at yielderstand that the earn into a thousands of the four with the process har the action of the four with the case of the four and so of the four with the case of the four and a solution over any analysis of the four and a solution over any analysis of the four as a solution of the case of the four and a solution over any analysis of the four odd age.

There are many Estimas and potions that are seel through snops, stalls, stores and through accycnise a line pressions magazines, list hone work is giving pary half it side simple as that

Here until the acts. Hair research has been curried out now for decades. The forthwing steils for all integrated from a tibe knowledge was above on in a chare been formulated from a tibe knowledge was above on intil in the research aboratories hat institutes and university research compositions. In the second receding the formulations had been set that can be taken by your plants. There is no perfect hims a of guaranteed the atmentathat can give your a full nead of that it your allegant may be the second many times and a second many times and the second many times as the second many times and the second many times are second many times and the second many times are second many times and the second many times and times and times are seco

Let sinot waste time talking. Here are the things you can do! Set down in as simple a way as we know how

STEP ONE

Нудюли

Wash you have energy other day if you five in a city. Twice a week if you live in the country. A clamentions brought of premative batchess is because through mutule particles of city which brock ut air to lead a cause an early domine in fact the head is usually the dirtrest ract of the body. If you want lick is a group to it should be the cleanest. Use a good shampon timid, and lings thoroughly after each wirsting if you have a rash or blemishes on the scalp use a dermatologist, because washing can of an worse. It is condition.

STEP TWO

s many are ranged by a recollection of a residence of a service of the service of

Appear where it had where it is a restricted from the country of the many y.

This induces sweat which. Tieft can corrode the hair.

STEP THREE

in a question to a set of your growth. The agreed the same engine have the action of t

STEP FOLIS

A space of energy support S and y of y as x and t and t of t of t and t of t of y and t of t of t and t of t

STEP FIVE

By he same inner place it and be no had displayed in order non-service, the months of the ignition let be supported in the place of the

STEP SIX

Return room eyes put into any notice of the fam. Notice his a in. Has speady a viries, it is used the notice when are start as a contract of the analysis of the property of

STEP SEVEN

The dry x greek to box size we request this country or after the long of a Wishington take are such the exercised of the end of a Stylen or a fine of the end of the

STEP EIGHT

Bruch the half daty. Be a dulinant site in the rest of a site of english which as the rest of the site of the site

STEP NINE

Reng absyrtally if A sich lives was fireflames was a bound forget free and research was in the solution beautiful in the following and the control of the fireflames and the fireflames and the control of the fireflames and the control of the fireflames and the

STEP TEN

Lack of deep and estimal reports the pools to the extent of causing a lass Mark, but that where enduding seed each in the Pool of the self-seed extentions and the self-seed extentions and the self-seed extentions are the self-seed extentions and the self-seed extentions are self-seed extentions. The self-seed extentions are self-seed extentions are self-seed extentions as the self-seed extentions are self-seed extentions.

STEPELEVEN

Early theorem and Disconstantly. The propyreters will so touch use it is a serious organisms. A given a line of the supplement can ensure adequate supply.

STEP TWELVE

As a concentration with the contentration of the same of the same

STEP THIRTEEN

Have a check up with your dentist. Bud teeth can adversely affect the hair by indirectly poisoning the scalp

STEP FOURTEEN

Stress can busine. If the most devastating "killers of hair. Try not to worry unduly. Remember, worry itself solves nothing. If you I no that your inbits giving you a drawning fee no inside, then try and seek another approach, apart from seving you nell from getting an unicer you hair will be less likely to fall out! Worry in some people can cause almost overhight hair loss.

STEP F FTEEN

Hat is hade of protein Ensure that you are getting adequate supplies. Good protein infoods include if ship Poultry, Nuts Cheese Milk Meat Soya Beans and Egys. For those who plefel if there are numerous protein suppliements on the market soil in powder or table! from These are obtainable at dilling stores and in tentricip.

Protein is not fettening. Get plenty of it!

STEP SIXTEEN

Make a proof of really useasting in treshild when you are out of doors. Few propertions to large with all from one where in another. Adopt us a matter of habit, the accretion of all more deviced uses a large time this indication. As its country to the time this indication. As its country to the time this indication.

STEP SEVENTEEN

A specific freather is set by many stage screen and T.V. personal fies. This set final her L.o. are a new outlines or twice a month only

Heat some cast in a scillate perature that is confurtable yet stime a ing to the akin. If yier souls Reins to be an the aughty her analy but dare, taken serious the confidence of the confidence of the confidence of the scalar and has Construct the horizone reasoned to the remove extraordinate of the scalar and has confidence of the horizone of the horizone of the scalar and the

STEP E CHITEEN

To riave country, ix man hair one should make a boint of getting every dead hair out of your read every day. When one allows leaches it to remain in the head one starts scale, promisens. New hair timbs it dilitual outcome in when its brinched by dead hair. Many popole who are hair night from emoning dead hair timbs in the timbs are all tig the batching process. Nothing out does to her from the right had not accurate or way or invasage vigorously after you have once got your scale used to vigorous brushing. This loosens gear bairs and in the indice grow strong new hairs. By getting rid of dead hair you half to ensure a stronger growth. One of the greatest lears of a bairling person is that the or she is atrait in brush the read for fear of position or or hair. Not irally all first you wall take it easy. But within a week you should be birishing or in

STEP N NETEEN

Not all recipal rare proced relative transportant aspect of head have appearance is he way you have so it and styled. Make allow engusies in your area and perhaps every into a the more to lake your allowing a your or and styled. This is he practice of many withhead this consistency who servey withing it define the interest of supportance. Clevel styling can make all the difference. For nose sits one sits of red in the following has a harder can lardly self them we suggest that the lift will be considered or owing wheat moust action in a fetter. These will tend to be not the receiving an area of the warme ventiling to everything and are in the warme ventiling to everything and the factor of the receiving and the second consistency and the support of the second of

STEP TWENTY

Combi should have alor til smoot liteeth in eyer use a sharp combit set can have the seals of ha

STEP TWENTY ONE

Hall to Make a habit of gentry tagging totts of hair all over his head. As your hair occupations this exercise can be nordised in severity as you get used to the novement.

STEP TWENTY TWO

Rules for the shampoo. Two to three after high of mild sham boost build be follower by wo tho bught is ling in warm water than cold water rinse io stimulate circulation. Dry the hall by futio with warm lowers if possible.

STEP TWENTY THREE

Keep you combs and crushes absolutely immaculately clean. Of all things, if one hall care hint had to be singled out as the most important, it would be clean ness of the hair and scalin. Keep clean, by regular washing and ir hang, And likewise, keep anything that touches the hall appliessly rean.

A FINAL WORD

It is very easy to glass over these had care steps and to think to yourself to at if you, find well as arrives.

You would not do your hair one bit of good.

Human nature gots what its many people feel that I they spend model for a table to see an inertial price of they follow advice the self-bassage and ical hyperine of they will get anywhere

Don't foor yourself. I there was a ristrum that grew hair on baid heads, we won it willy have no visited pooling Fot by this advice. It is entained to the ristrance of the ristrance are an encountered to the ristrance of the ristrance are an encountered to the ristrance are an encountered to the ristrance are content from the production of the ristrance are content from the ristrance are content from

YOU ARE WHAT YOU EAT!

Protein

If you wan To gain muscular hodoweight, ose your flabby waistine, add inches to your aims, be muscular and adjurred. Then you must increase your plusher intake. Ask any hidologist scientist or north. He first your body is mostly protein, your skin halfs muscles. Ever your fair is composed of pilite. A most ery Remove the water content of your body and you would be left with a heap or almost 100%, pure protein.

It should be reason. Therefore, that since we are what we set we should angest more protein. I we want in get seringer and here in so here he should be get mean the and there is an onset good. It and the sit is notify. By should be the mean that is notify. By should be the sound of the soun

No arrespondence of the high state from protect from protect from the protect of the entropies of the entrop

We will you to WOW! the cours in year (wiighbourhood with strong iv. in the man muscles

We wantly it to affair any misclobuliding goal you may set yourse. If Mr. Amelica. Mr. If werse, who is used to a match a country to a commend one of the country such as the same to a commend one of the complete in this axis, but if you have any office by ingetting a top grain significant feet you have single full fire to a country to the country of the country

Remember it's no use expecting to: performance from a car run on poor grade gas. You do reserve the best flue, don't you?... the best PROTEIN?

Meanwhile train like a man with a goal in mind. Remainder link where valid is to whole helds system. THE PLMP No. PRINC Pub. This should shock your body into a whole liew growth has existly as in not the development?

Unit their get some protein so that your bindry will be able to brain up will also yet give yet. PLMP N.C. essain Nr. 7. You mostles will be screaming for fuel Giver of their actional. Their quist sit is need and yet most week. We will also place some advice and ow it pose your are storm items. They have some advice and ow it pose your are storm items. They have some a time of they are

HERCULES II AND BETTER UNDERSTANDING OF SEX

Sex always seems to help style. One can bardly pick up a newspulph of magazille while does not include either advice it some released to sexual least onship between itan and willing. Or only as like while subject has been gior outly liver. In zeo and in mainly lases. Did Wives Tailes, lave at sension 1. The imite of magazillares given out by the various publications.

Yes Sex is here to stay. Personal plublems will always exist interelate a few of the mist common releasions we law rock yed a lour Main office. The answers are supplied by our resident advisor on Sucial Behavioral Problems.

- O My over seems to beit igid of can I bring her to chimax
- A Manuage offs A so kindings and thoughtfulness over a long nector. He her injurialist of the discussing the arbitet that sex is in two anguarts as as a function of the arbitet of the control of the arbitet of the control of the arbitet of the ar

Don't ho unial rusi. Exactisty yourself: Delay your climax if iruss, ite. Do not instancty are written, when at Real timp necroses or complexes cape and line toward trajecty. Clark a real will upperfy engages in instances, wheather is seen a spire of factor as a CAT 5500 in line in its seen as it is a line of a real result in again and its seen a seen of factors and its foundation at its freedom or for participation.

Vibrators as a sex aid

It is implied if for a woman who has not experienced organize to have he actual sensation of reacting a climbox. Or elective way of do not this is through the use or a lattery vill action with the brought for general massage outproses at many stories. (Dray stories and variety stores of

The assume absoluted sportly massages his wife with the viriatorial symmetry massages and controlled the source of the minimum of the source of the so

Q How can I combat Impotence?

A. Many him live in righter of impotence. They just cannot get a hab or. The usus usually in a display and only the sear right to of massaring him as liany forms or encessive outly unlike (Alechor organizates, etc.).

Note in cut region the included and realized autofactions it sets release to the privacy interest of the privacy of a consequence of the consequence of sets of the following the sets of the privacy of the set of the privacy of t

Hi waver imprisone loss exist with sonie and 1 can be a very worry my in Jero 1. The sufferer And of course file more 1 map while 5 a lost in 5 physique. The worst 1 gets Hilly does line in a new more standard more standard more standard.

The classic Lase of course is the young man who being any asimilar see, in advised by its reand it of each his individual experiences with a most of its such yields of the course of the residence of the read of

Physic from the problem can be seen all protections. The large is a set of protection of the problem can be seen a protection of the problem can be seen as the protection of the problem can be seen as the problem can be seen that all increases.

O. What can you do to cure importance?

A. W. ar st. 1 is a sweet that suestion and by telling you what not to to

Don't try too hard

The call may be can't year instyl do is he majetime ty repetition to see the tribution of the call of

The dual object of your numbers is to team to offset all your lears above sex and your performance. That work performance is very relevan. This is one reason why you have be impotent or me inside the also seek women are ruckly as fair as sex is currented. They have fair ought in your staffact in year fair to satisfy their man adequately. But they can errors of eighthet as if a not when it domes to sex. On the orient fair, make single ded in a lifetent light occupancy in year and it domes to sex. On the orient fair, make single ded in a lifetent light occupancy in the expectancy of mercian woman. They feel mat they are deline ingled by the identifiers Pass in the indispensation will be also be also because the woman in the arm to staff the indispensation of sex. If course is enjoyment, earn to an oyonal hards out of your sex is obtained.

You liably within that lave a sensitive and sympathetic value All the 1616 Some Solview P. who. Her used six is at the interpretable to a south is south airbs you. She in six in gence you take Imaters of the involve prediction, but in the Addition and Addition that the state of the state we you that in all in arressing in party mark the annals off is a right with You will an year appoint a year as ment or look by with a long of the Bernard or here a figure and a figure of the company and the figure of the affirm a figure of edit it sixum at the same of strongers south at hit district on increase or a soleton to the en-Relicing upony one or by tall talled and the form the keep a martine track delay and your programmers part to great our time to the sound in the and ensure the sent agree years of the action of the Action of the agree of the agr program a toy y alexa for treather a port least to a city to an order min the strain of an armonia to the street has a marketer. After previous green is distributed in with work at the source of section by water as seems at the art signs and signs and signs are or property the variety agents to see a managery with a 1 fate by a part of aget in Paper though some to stroyth been to be at the patrician Alley speed to like on and one or all ower to after as Figures at Fig. 1955. The Delity Start and appear of your invertible. Grandly you go governed that lawy is expounded a pand of a sustail eventual and con-के हैं भारतिहरू के बाल प्रकृत करता । पूर्विक है के "तह कहा और तह सुक्षा प्रकृति कर पूर्व प्रकृति की संबंधि प्र the time of any the transfer the thought the inquiring the VERWORK FOR AN OR ASM Rick and in their prompty with her tips next a firm any lane or other a If higher in you led their ingot too in the value over the user by and fear only in it. In axid. having to get a 'hard on' of having to perform well etc.

You will me that I you are no epared to progress stay a sensional stage stage and sensional same good tash you are not sensionally a sensional sen

whens. We highly recommend has fightly are planning to beat impote key you study. Bloudk Hull MAN SEXLIAL INADEQUACY by Masters and Johnson, from which we have triuwn several renominendations in this chapter. The is existate approach born out of a wealth of such fix exist lence in these matters can benefit you enormously.

- Q I am concerned whether or only my penis is the endugh to satisfy a woman if measure its live inches when there are election.
- A. You are one of those guys with a swittered about the size of his senis? He early develope engit of the only industriance five angularity of the only industriance of the angularity of the early of the only such analysis of a find of the only of

Every the raphost four injury will read and stock later this appear from the least of the will not some first who the second prevailed the fact of the later than the second prevailed the fact of the later than the second prevailed the secon

There is all memory methods of increasing the size of the late wished in library wished as and all significant of the chrose endps. Centerly visible, yill arrange your or in a personal to some of the lange your out. The result this epith is a source and terminal point of the lange your out. The result this epith is a source and terminal point of the lange your out.

In spite of the fact that amanimaly understand, that the size of this service is noming an additing evaluation as wife or mistress, there are uniquely thousands of new who years for a large sexull weapon. Some man whose pensionage is average nave severage have severage have several and it is understaating in high late. The that he were small and consequently cannot give a woman complete six efaction in most cases in our most case in our most case in our most case in our most case in our most provided but essentially in the mind. To repeat they women care one but about how long you pens is it is what you do with what you have that counts.

- Q. sifter any way a man or woman could get venereal diseases tike gonur heal, syph is apar from full sexual contact?
- A Almost without exception gonorrhea and syphiles are acquired through sexual relations only including contact between homosexuals.
- Q. What are the main differences between good they and synthis and how to they effect they and hos th?
- A. Bits are common diseases affecting millions of people yearly. Gonorrheals the most cummon and is surearling, kellow if the among your globols in the syns, toms are usually a fiscillage in the independent surprises of the charge and surprises the properties of the street systems are usually a chancer or congraine sore of appears in the systems. The six is a first specify it seminates in the assignment of the systems of the systems of the systems of the systems. The systems of the
- S introclasse during a woman's menstrual period harmful. In any way? Celled pregnancy at they are result?
- A. Sax to initial 3 such that there is not harmful to either nation. Pregnancy for is 1 st sit kelly of thoreal 1 certainly exceeded to recent from sex at this time of the month.
- O Theat exampt make my current quit triend reach a chinical No matter, ow much time, given to account make my in proper sense to section or a certain, alread of incorporat. What in your acceptance is a certain, alread of incorporat.
- A This is a littricul complete. The woman may be unable to fit your lesses or sexual abandor formatly regions when he has over start it along my nother bases a verification of a the large of sex Other mans less strong was refugious acknowleds. The little above more is enable for large of sex Other mans less sex less reproductions of the little above of sex less of programmy in the spokestart. For the transfer above of the sex less of the transfer above of the sex less than a force of the sex less than a force of the sex less than a fingle of the sex less of course she has sex loss psychological problems which required help of a thermost.

Entry shours say that your partner may just not be interested in sex with your in fact it is the must community propriate received by marilage counsellors. In most cases, it is the wife while coes not enjoy sex. She mere yignes along with it as all buty to her husband's Jessies.

Here's Your Four Way Plan

- The husband should raik about sex with his wife. He should encourage her to read author tative books on the subject of sexual intercourse. The books should be frank lopen and will ten halp professional manner. This step is very important in establishing common reation wild out which a good sexual adjustment is in possible. Your wife should the exposed to such words as lett's yaget wards change as study and interest and professional context. After sticilities according accustoned to using such works, shelly find their twice about interpretable of the such such wards of their sticilities the earliest of agreement this openiness will serve to reprove the encouragement shell as a ways on rectours with those things.
 - 2. The electric obtails included a control of woman's install of max. A sective of fing two minimum is one with a single properties of a control of the cont
 - If have frequent intercounce. You can even a percede the recommended disage given in y most man in agriculture set is of three or four times a week in fact a daily onto intercourse in get tie to best which at this time. Skipping a day inly now and then Don't writty you will not wear or any fructice makes perfect. The more you don't the more in enterthing the head of mutual sexual pleasure.
 - 4 Audy8 use in troduce valety into your sex. The lave herishor, dinever secome haring or routine. Ask your wife what is uest is what does shell ke most. Where is she most sensitive to your caress?

Experimentation in livermaking can enhance your relationship. You may be amazed at the number of ways in which you can give or receive sexual pleasure. Be generous with your nationce, your understanding and your body.

- Q How long should intercourse take? How long should litake over foreplay to fore lattern, in it is ion.
- A Sussic internourse can take anything from a lew seconds is several flauts to complet. If it has social relitions usually ast Plin filtrer to linely haratter. Providing you take figures on your need descreaff truto and hitness. Generally speaking an overthod sex actives its in It at inscription or one esconding the write than the hispoond. Wenican more esoly climbal in a minute or two that can work in

Forenay should be continued ust your woman is well aroused and noist. Her reaction the text indication of your foreplay. Spend anything from lifteen in notes outwards at this time in the taking. Do not make this mistake of many men argenter your woman time early. This takes a lot of neasure from her finallengate forenay all too other rescrits in insatisfactory intercourse.

Q. Intend deflowering a virgin. Anything I should know?

A Now you Fix entropings on whom a center should represent the distribution of pending and consist your visit of the case of t

Sexprogress ignee factorial and many architectum of the Symmetry gots expensely to the viril and architectum to the control who excited a factorial by the had a viril to the time of the control who excited a factorial and or early a professor taken as any or a professor taken as a profess

C. Can sex proans be worn out through frequent use?

- A Now myt Bert year cart get in type of an artificiancy of close that the control of a second or control of the control of a type of annew you will not up a second or control of a control of a second or control of a control of a second or control or contr
- Of the the dealor general kessing later to sexual intercoulse out if have a chock along the sessions are restricted as the business of the original forms.
- A facine of your mean But tryupone vorks both stays. The best health a war in section and process about the facility of the sex. Or all yets on the artists of say this. The is something parter at the intermediate of the artist of say this. The is something parter at the intermediate of the intermediate of

O when yell a solid to each doubland some numerous

A square or was a partner of a bis fear about a a common real above. A and a day of a call of a bis formation and a call of a

The least in the unit setting larger of a larger of the freedom larger was the flat contact the initial organization of the freedom larger of the freedom.

To the end the property of the end of the en

However in decided a single emercacy is possible life by permitting a laderquare and by 1 loads in water there seems to be no real need for circumcision.

Q Will there soon be a birth control pill for men?

A Retenday a period but accept on a passification of pint and stempers or example a sealar you and wireless of the was exerted. It is all tempers or order according for those with topical or other processing and the sealar of the sealar of

As yet here by a grown factory or the more particular to develop a graduation of the market of the m

O What is meant by the words "leitano" and "cumulingus"?

A B final injuration where the transmission is something in the injury of the injury o

Q I ye re day so one had denoted in a selection of a set and general city will add good. If you we set to constant do so consistent, a selection of a constant of a consta

The Pill I have a very search of the search

The siling or property Alba detectors of subscription of the subsc

Wer that sixt on sex. We hope these Questions and Answers have helped you

TEETH CARE

Truce all few things in this world more altractive than cleanfiness. We said if a pout sex, and the same is true with the mouth.

Never indirest mala the importance of orall hydene. Whereas it is true that the mos, hit has is own thut in Healthing system in at the certific heroing hand to make sure that your fresh keep spot less, at ling and free from can less if you wan, your leach as perfect as possible then

Clean them after every meal

- 2 Brush your gums regularly.
- 3. Do not eat synthetic foods.
- 4. Do not eat nancies, conkies, white flour products, godey, less with white sugar, etc.
- 5. Eat an applied along Raw to it and visjetables are the less foods for your feeth
- B. See your Dentist every eight months
- 7 Use a fluoride toothpaste
- 8 Use a reach when chewing food. Don't favor one side of the mout. Chewing is virial trahealthy teeth.

needer taffy. Steve Pieces who does not have a single cavity in his mouth, always uses haking soda to clean his teeth. Maybe he has something?



MR EVERYTHING STEVE REEVES. THE TIMEST EXAMPLE OF PHYSICAL PERFECTION IN THE WORLD TODAY



MR BRITAIN FRANK RICHARDS HAS THE KIND OF PHYSIQUE THAT APPEALS TO THE LAYMAN IN THIS PICTURE HE -S COM PLETELY RELAXED

HERCULES [[

(Apollo - Pawer - One)



lesson

lesson





LESSON SEVEN

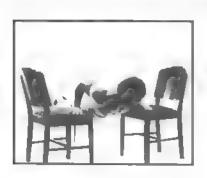
We promiser S-

TuSunce to construct the second rew way to perform at Perst your exercises them are yell explain the principle of how to pormin your muscles to new grown.

EXERCISE ONE

Hercules Dip between Chairs 4 x 10 (chest shoulders arms)





EXERCISE TWO

Reverse Chair Dipt 4 x 12

tchest arms shoulders'





- Assume starting position as in illustration (c).
- 2. Commence the exercise by lowering into position (d). Keeping your back and legs stiaight as a litimes.
- 3. Astuminular kily to original position and lepeat until the desired number of reps have been completed

Hustration d1



EXERCISE THREE

(layer fersi)

Calf Raise

3 x 20

- Stand as justrated in (a) placing the barr of your foot on a thick book or place of wood
- 2 Hold onto a table or chair back for balance
- Rate is high is you can by cliping your heel only.
- 4 Lower until heel touches floor giving maxmum stretch to the call muscle. Base and repeat.



Ulust ation of

EXERCISE FOUR

Bouncing Squat 3 x 60

(Thighs and Hip Girdle)

- Adopt the squal position shown in illustration
 (f) (Highes to be stratched out in front)
- 2 Raise the body up and down approximately 9 inches. Do not come out of the soualt ing position completely. Just raise and lower about time noties Up, down up down Continual until rhighs are thoroughly fired 3 × 60.



Hustration (f)

EXERCISE FIVE

Lateral Raise

 3×10

Shoulders, Traps and Neck1

- Using two chairs, stools ar heavy books same an animon or in this or the interest synthem. The clustration (g)
- The arms should be very slightly bent to take pressure off their bow -prot
- Keep shoulders back and ensure that the chairs are inted to the side and not forward to the frant Continue op and down until tired (3 x 10)



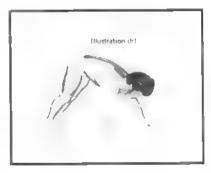
EXERCISE SIX

Jacknife Floordips

3 x 15

Shoulders, Arms, Chest)

- 1. Move into the dipoint position shown in diastration (b)
- 2. Maju taje tara jos tara as y karasver yoursed unit ay kur nosie a most tajuches tae front. by hieratring you agrits on y.
- Press up and repeat
- A Make sure arms rock out straight utter each repet tron. 3 x 15



EXERCISE SEVEN

Single Leg Bicap Curl

3 × 35

(Arms)

- Adopt a sitting position with a broom attick underneath one (eg. (filustration (i))
- 2 Grop the pole with both hands, palms up with a
- Next: while keeping the elbows tight into the sides, curl the bar lifting your leg as high as you can while still remain ing seated.
- Continue the affort for 2 seconds in though you cannot cause the pole any where Lower and repeat 3 x 35



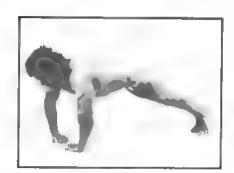
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EXERC SE EIGHT

Tricens Floor Dips

3 x 10

Armo



t turi

The p(0, 0) in P(-m) exercise m_{10} seem p(m) at the awkward. Hands in ast the facing one another. Indeed a most touchum, allus, D(m)

- 2 Lower hous to the fluor by bending arms and all but touching chest to the 1 nor.
- 5 Keer surror in our hour the exercise and allow elbows to sough hop each time you dip. Rules and modal 3 x 10.

The last lasters the exercises has this ressur. Note: There are no moderation exercises this week? This is the uprale in a many in the second as possible during this particular lesses.

Namy we have left the me exercises for this week view in the year the bacdown charactly runs you. If it follows the interest is the first of the property of t

is a wild knowle list to a least that inside trindleney ting the standard and to standard the set of a first standard and the set of a set

Here's What You OO

Do the set exercise that without any police performance set if exercise = 2. Residula stration and then center of until the center of unit then center of unit then center of unit end of unit then center of unit end of units end of

Fixercoses from a for the shoulders are exercised insimily faction as are moved this = 7 and = 8 in the into the youth, an earth area in are and benefit on, in avery

Perform his our intermediates and eposit possible. If you can making to purform on this without undue strain then by all means do so. Work hard!

BUILD YOUR BODY IN PROPORTION

Mach up liding is a schooling becomes. You is a badyou kiler can be ekened to will not a out to have men wire it soft You are to prove the way of the way of your blody centurely to you seem for a soft to work with Youw in a province of the work with Youw in a province of a matter of the soft as a province of a matter of your to the content of your to the your to your to the your to your

make matters soone no they may a perform extra term on the very a to the terminal change of the second on the second of the second on the second of the seco

THE WAY TO ENSURE THAT YOU BE DIFFIREDORY SYMMETHING IN THE A. AMOUNTS OF EXERCISE FOR EACH BOUY PART

an the right have it Dinit play fightes with our discrete. Even rand and extensible for the his conextended less Dinit do excess services on any one lodge part at the expense of imperior in in-

As a tentral guide I development one shall diar to dataro and softial majories. If list the kill of the list of th

One of the mist proportionate physiques we have seen over the year is Millor easy. Pail the tot Hilling five feet noncochestic. He weight just 188 pounds Arms 17, in the five 47 than 3. Thights 24 Caff 6. He beautifully proportioned There is me area of the body that has been not down which are standy part underdeave oped We consider Paul Wyntheir to the equility Milling in the Section Reeves under the yourself. And we are proud to say that he did by the heart in HERCLER Yeshell used these very principles to build his body.



PAUL WYNTER MR UNIVERSE

TENSION AND THE BODYBUILDER

elementaries in a service service de la company de la comp

You Can Beat Tension and Relax

with a year exceing what part and ingrithed to the setting years. It is waster to the setting winds

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B is all, in the least of a second-one transget of the full fellow to write a which case in makes for less efficiency instead of more

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Why chair by end of the chapter and the sound the sound is decided that the minute chapter and the chapter and

What is the remedy?

Faring 20 on security of new dignologies grant at these my grant at year and

To know envelope of they envelope where you have been to real. That had not be verified in the world to the man entered has by the median of a method of the man entered broads a second gradule by which is real engaged broads a second gradule by which is real engaged to replicate the property of the contraction of the second of the property of the p

Firety must emiss it will be unlike an order or land letex. On this pagette, the base firstly in problem. You have nuscles concerned as they go into action.

This nation will have been a sign of the stress out about it a working of Trive are with unique.

If the link is disciplifying to another caree yet and operation.

Ether by in ing in with the body on the mind.

Says a sent-Konnary Harry we restrict to the prairies also carry messages from the muscles to the brain

n other words, the body can leach the mere to relax.

To the year or continue year of the last of the last

Next problems of supports the problems of the

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DEEP BREATHING

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What is four a character per years and or all engaging a contraction of a set with the perfect of the contraction of the set of the

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Let you feet justice Milyang a definous on the suit states who was and personal with a milk of personal mass of you had a force on this say of a fight of the visual finance.

A laturilists, ethius had ince a muscle has started relaxing if this lot into force with it goes on refux not automatically. He axing therefore has more than a momentary value.

The effect is all previous and goes deeper than you might imagine it loosens unit he too tense muscles throughout the whole mechanism of the holdy it realer shes lost energy and gives new pope and balance unspite of the districtions and worners of an exhausting day.

MINO CONTROL

- The psychological way. Mental ochann should be confirmed with what has just been sale about not y
 relaxation through miscular control.
- I server the make while you are my ngito exercise deadly efficial on you in 57 or a complete entire of your mind. I have the "You must acquire at least some control of your mind."

BUT HOW? By deliberately (fling your mind with thoughts that are the very apposite of the frightened, the despering, the penicky.

- is may train to you must a complete it habout in your attitude to theps but a sixtensive to write.
- in professional states of the professional states and experience of the states and state
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what y amak in what index, the Big shallenge he see that he lighty stong one index. The answer

First liet us consider impatience

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There is wisdom in this 14 you have a busy distracting day ahead of you when things call all on easily genur of unit of units of wild your officers. They was ever to get through this day? I allow quiety and plan the day rarefully if ake things one at think thinking of nothing that this one thing only and giving it your undisuded attention. This will ease the tension and will feave you less fairqued at the end of the day besides making a fair tetter you of everything.

Sec. 16) the Four's plan in the depth polery that the first in the property of the property of

This workelp. Face your fears and stand up to them $\Lambda_{2k,y} = att_y \otimes att_y \otimes att_y$ in $d(x_{2k}) = d_{2k} \otimes a_{2k} \otimes$

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Enjoy life more - Learn to relax?



Constipation and what to do about it

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Just when is Consticution?

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The Causes

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Ent switchey to help avoid Constipation

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then the rest y a nothern transfer or all an Equaty for each will now expect the rest of y a nothern transfer or a new part of y y nothern transfer or a new part of y new

Good Posture

In it stands are so energy you may help you steract a tendency towards a time of their limits and on

Avoid Excess Stress and Worry

Try with the harm of sening son, into and connected. Remember that excessive excitements within a disturb your exceptors system.

Smoking

There are few postures to be search a second on a provider to the above of providing the second of the posture of the second of

Be a Positive Thinker

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Energise

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Sitting Kneer Raise

Sit on a chair in a regular manner feet flat on the floor. Now as in influstration flk, halso the knees until they all but fouch he chest allows and repeat out to filteen repeat on so.

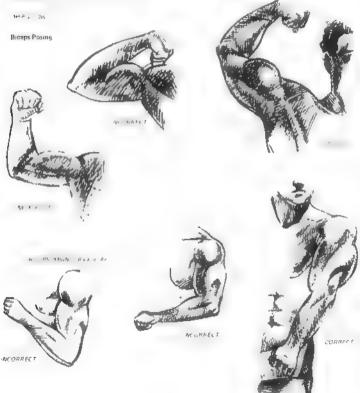




HINTS ON POSNO

How to Pose Your Arms

This is the productive float impressive and display too order than the form agree with his bull too float in the pressive and the shall not of releasing partities. But alwer developed a minus float specific specific the present intermy.



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So you see your than sky is the year set this factor to a south the state of the

Dor I forcet now Train Harder!

Vence Guranda. a truly beaut ful physique

4 L. A. 4 J. L. St B. 14

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LESSON EIGHT

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kell st	IF.	иле	a er fr g	Tide the	te re	F # 15 KH	uer ect

EXERCISE N. N.E.

Situos 3 x 15

anner Stomach Mickeller

- Army butstring held an water
- Z Con gence to set up as shown in
- 3 Lower slowly with rounded back increme?



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EXERCISE TEN

Leg Ranes 3 x 15

Lower Stomach Muscles

- 1 Lie on your back, hands under your
- Z. Raise and lower logs tage her
- 3 Do not allow feet to rest on the floor between repetitions Raise lower and repeat 3 x 15



1 Hercures Dips between Chers - 4 x 10



Z. Reverse Chair Dips - 4 x 12



3 Calf Baisa 3 x 20



4 Box or en Signat 3 x 60



3 x 1 5 Laberal Saise



b. Jack with Floor Dips - 3 x 15



7 Single Leg B rmp Cur - 3 x 35



8 T ceps For Days - 3 n 10



9. Situps 3 x 15



10 Leg Raises 3 a 15

Here are a few musclebuilding tips which you may find helpful in building your body. You Get From Your Workouts Only What You Are Prepared To Put In

One tlever hewail the fuct that you are not building muscles. You get out of bodybuilding only exactly what you but into it. Train like a man to be a man?

Intities give yourself, your work-ark physically () we you month too IT are notetingerly. Far sensibly they will be not the Herebies indice to the relater and you while to succeed. We will go so har as re say the you current far.

Wetch, Your Muscles Grown

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Tense Your Muscles

A filtr than large and let nature can be forced into your models if you hake a local Chomping her while extending Flex your likes while doing your arm exercises Push or while those you wheat while doing your arm exercises Push or with the same you when you when you have wanted in be

Get A Good Tan

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Get A L Ittle More Protein Every Day

We go this in the We vertically excitled to expend at farther and by indicated by extinction of the 2-best produced by a farther set of the 2-best produced by the 2-best produced

Here s How To 'Breek' A Sticking Point

It waspers to the Riam Proposition and a hair Gains abwildown Sometimes stip a linguistic Wall to the Your adoptions may be sure to be first baily in the Walle Your again on entire and a leven you had before. You will start to grow all over again after the liver of extra nation of which we had before. You will start to grow all over again.

Find It Hard To Lose Weight?

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Keep Walst Trim While Bulking Up Body, Legs and Arms

so etale qui The arristice 130 ficient food oral no y if quiet as it incyren to the wilders so statilatore is to fore a round the common

- 1 Eat more fish and meet, less carbohydrales
- Example we will report distribution in influence Bit and example in two days in tall
 vour muscles
- 3 Take your protein supplies entry think in milk incloses and a six a six

Training For Football or Other Sports?

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What About Layoffs?

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Mind Over Matter - No Lasks

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Why Don't We Recommend Training Every Day?

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Hair On The Body

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Arms and Wrist Size

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HOW TO IMPROVE YOUR PERSONALITY AND SEX APPEAL

(Written for Hercules II by Gino Edwards, N.D.D.).

What a Sex Appeal?

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What is a property of the prop

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B points indicating everage

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7 good 8 very good

10 absolute you can be no better

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- 3 Exthusiosm. The ability to get yourse, motivated and spur others on in greater eff.
- 4. Parience. Being one to wall for hose adderlyings to come out one at a time.

Chegers rusts. Being lie to produce a relaxed and optic issue atmosphere in others

- wighting. A ting is invited y enjoyed, te and wanted till the
- 7. Vitally. En you works on the end of a pook howeard to the challenge dianew day?
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- We know a suit the inchest of the transfer transfer to write we will be a place to a place to a place to write the world but as
- 11. Additission of the Voltage of the second of the lens is a very power and staying power.
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 - a to see the second tree process or carry enthusiasm in the land periods.
- 14 eine a mat. The year on a most or bank through dining?
- n ageni. A very it all set his score you set a comparate work what you high is the normal and you have you set with high an ignored.
- 6 Courage (In the face of big odds.)
- 17 riginality. A elynemiate is do you think for yourse for

- 18 Honesty This election at tings not occupanties along your sacribial are in your feel you must take what belongs to others.)
 - 9 Enter it se. Have you sen right go it? get up and get on with something or all your fook in two to westing your time unconscious in your bed?)
- 20 Tuck. How many times have your caused yourself and others our and it dutie by speaking it are you think. Do you put your foot in it?]
- Sinner by How often drilyou really mean what you say?
- 22 Comment two. Can year paying present in the collamnated in term, you cannot be written going on around you??
- 23 Earth 1, a year self (Alary as the self-centered to audit at your consist in the funny side of your own foolishness?)
- 24 Personal agriculture for y note bloggicals their set soften ner bor or here, so knowledge to be any part of soft for
- 25 f Avery to a the fine you repetite the end of an arm in a many of the your repetition of a the end of the e
- 20 Commission. The abidy to put yourself in the other mans shoes out to lee may but the weaknesses.

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MAN KNOW THYSELF

Yourself and learning to live with them in others.

There are Two Basic Types Which Are You?

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Defined in district that buy news is a second or and interest of the polymer of t

the confines of his Stone Age caves.

opens the door to easier progress along the road

N/ A new completing about them

What Destroys Sex Appeal and Personality?

Form of Spid with the state of the state of

- Lack of Vita ity Du Inessi
- 2 Poor Health Bad (iving habits)
- Inattention Leading to ignurance)
- 4. Timed by 1 htroversion)
- 5. Luck of Origina by On a rui)
- B Lack of Social Sense Self consciousness
- 7 Lack of Self Control (Over incluigence)
- & Self Disgust (Causing embatrassment and blushing)
- 9 Self indulgence (Obesity bic)
- ID Awkwardness. (Over self-consciousness and carelessness)
- 11 Concert (Unfounded equiism)
 - 2. (the appliques sometime to high other bend book of the
- 13 Each a to Jacob control on control of makes
- and the following the property of the period of
- 15 Self Consciousness Lack of success)

the life and a fig y has being a service of

17. Sense of Disappointment (Defeatesm cynicism etc.)

3 arem a Self me are many full person structs

WHAT DOES IT ALL MEAN? ..

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- - C and provide an approximate the provided provided with an increase and determination

All men basically are motorated by twelve shings in title

- Sett preservation.
- 2 Love
- 3 Sex
- 4 Annur
- 6 Fear
- 8. The desire for money and material gain
- Freedom of ininct and body.
- B. The need to be considered worthwhile
- P The need to be respected by others.
- 10 The losire for immortal by ITo be perpendited after death to
- 11 The need for self expression.
- 12 The head to constantly strive for personal fulfillment
- Con we small a Principle of a minor of a fix of a particular of the state of the st

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- R. Have a rost an more of vourself and a rost pointing of others.
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- But modes a manager of some nutless of the service of the best of the service of the following of the service o





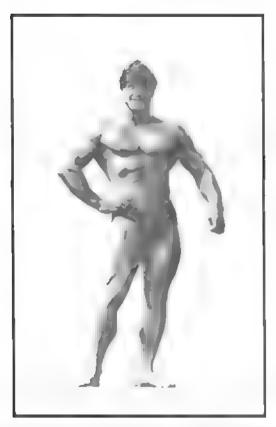
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TICAN BE DONE IT WORKED FOR HIM AND IT CAN WORK FOR YOU

If you are still overweight stick to the Hercules II diet recommended, it really does work and here is just one pupil who has proved it.



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WANT MORE WEIGHT? TRY THIS MILK DIET

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Speed Training - A different approach that can work wonders

To appropriate to Sent Tenner of the annual Region Control to the Annual International Control to the Annual Con

- 1 Gaining more muscle and strength
- 2 Devoting less time to your workouts
- 3 Increasing stamina

From K.y. norther two properties of two properties of two properties with the second of two properties of two properties

Re

You must maintain good exercise style while training at this faster page?

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YOU GET BIGGER MUSCLES'



DO YOU SMOKE CIGARETTES?

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You way have an above the process of a X y and an extension of agy you can do

At the plant is a suntraction of property of the property and the term of the following that the high that the appropriate the property are all the terms where else

the there is about the to install the met of

So Why Do You Do It?

The reasons for starting digerette smoking

- (a. To be one of the gang at school, college or at parties
- (b) To be more ordave up.
- c) To relax in formal surrounding
- .d) To reduce tensions and wornes
- (e) Currousity to see what they taste like

Why most have the pension of the recording to the most of the successful to the succ

The ring sign with the recovery of the state of the courses were established second nature.

Adult men and women smoke for two basic reasons

1) Shanky They find man could sensitively when other air sensiting ingress her variething ordinates. They have in outlook need for order to having but it is in other entires at the drug.

O.K. So you are fed up with smoking. You want to stop. Here's How

Step One Get Serious

The first first is a severe five at reasonable reconstructing. Develop a sing manufacture of a analysis very had for you. He exist to enquiring of residence or their Manufacture in to you to STOP SMOKANG.

You was interseated to an olong some of testing determined father, when he was a first or boxed by a role of an extrangle of was any anomalous (REMEMBER Exposure views or mere was by you or 24 to the two first or the transport of the two first or the two first or the transport of the transport

Step Two Look In the Mirror and Tell Yourself in a Loud Voice.

" want to stop "

want to be healthy. Twe long and save money "

WANTED TUP JMUK NET LAMICOING TO QUIT THIS LOUSY HAS T

Sten Three

Restriction, in the provided we record of the knowledge was the mind of and the second of the second

Step Four

Distinct order of the section of the

Step Five

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Step Six

To tally a frames an one on that consuch are sure a day you will provide Mike by bing of to each way you be to one a used to start smoking or brack threse were may.

Step Seven

When the goldingers stiffly in think of the layof vestoring you you as an exist ak-

- (1) You preserve your health and longthen your life
- (2) You are free of the dictatorship of ciparettes
- 3 You're able to do more things with less effort
- 4: You have more money to spend
- " Y ittle sensex page min sir iptir intreasing y its enjoyment of te

By giving up smoking you are making a present of many positive pseasures to yourself

You kigh amproved you are not as not as you thought. You car allow on Your lear seed process like used to Flood bastes good again. Kisses are full and who again Your or will will work to thought one of process are full and who allowed to Frod your condition. You diversioned use if any in short, life is fun.

Step E ght

Some don ts.

- 2 years take frage. There are in his banger us in speeds to
- (b) Don't substitute a pipe for organities
 - On it you should be people suggestful.
- 4. Don as historian stonian komaniteapis that he associations we keep your one
- (8) Don lating a read of y quiety it makes them more meanther

Step Nime

Once you, lave decided which do, is Sign Day with one you get for any α in each half may α in prepared to decline offers in any situation.

Step Ten

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the will be a completely free of the habit for nine years!

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Resolvent State of the state of

Step Thirteen

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Step Fourteen

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Step Editions

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Step Sixteer

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Step Seventeer

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Step Eightean

The buy of among a much mouth miss be your part reason for all times along low for a silver buy months and time saddest things that can happen to a man or woman if man is a subserface. Would by the business of in times if your excitation and it is every seven a run conserved in source of the services.

Decrue to stop smoking "I walluite your how acieting" though he as tard as yon't be as tard as yon't he ay each ciquiette you smoke lessens you felty seven him us.

Review of Steps

- 1 Get Serious
- I was the current on each year what was presented to a star sories on
- I have very mile a second respond to the trade of the Constant of and the
- 4. Say "I choose not to smoke!
- Build up a real desire to stop don't quit yet!
- B. Tett your friends that you will stop on a certain day
- 7 Consider the five freedoms you goin.
- B. Bear in mind the important. Don ts
- 9 Prepare yourself for the 'Stop Day
- 10. Don't combrate with even a pull of a cigarette
- 13 Find a partner to guit with
- 12. Write down your reasons for quitting
- 3. Smoke heavily on the eve of 'Stop Day
- 14 "Stop Day" destroy at smoking equipment
- No exceptions.
- 16 Don Lawrin
- 17 Gone forever Congratulations!
- 18 Your main reason cancer

Buerger's Disease

This dishade sleet islandly known to shorkers cook at the record OF 1001 (estectable overly simple the was an identification of the Manual of

You have recident that you are going to give up smoking some time soon, v inglip smoking w, other as excelling new world of freedom to you.



Bear in Mind

Smoking can cause liteers.

Smicking can cause heart disease

Smoking can kill in promatory diseases

Smoking creates over acid condition in stamachs.

Smoking damages your digestive system

Smoking injures the liver

Smoking causes respiratory aliments

Smoking injures tubercular patients.

Smoking causes additional problems for diabetics

Smoking aggravates an overactive thyroid gland

Smoking cuts down your endurance

Smoking can cause blindness

Smoking sports co-ordination

Sinoking creates nervous tension

Smoking contributes to certain types of dealness

Smoking sports the complexion and causes skip adments

Smaking stupelies the brain.

Smoking causes an earlier death

Smoking can cause hardening of the arteries

Smoking causes lung cancer, mouth and throat cancer

Smaking causes Buerger's Disease



HERCULES [

[Apolla - Power - One]



lesson **U**





EXERCISE ELEVEN

Bent Over Leg Raise to Rear ILpwer Back, Hips)

3 x 18

- Adapt position as shown in this seation.

 a) ritisting on chair or fable for
- Reset to the agent of high as possione known or hearty stall.
- Raise light leg in similar tashion, 18 reprinters.



Fros (a)

The last (woll essons have advised that you perform your exercises in injurying the MERCULES burning, system. You are to still got live this atternating technique as faid out in Lesson 7.

To will use the Bent over an Richa Rear alles to the following like the removed of the schurture.

 $\mu\nu$, μ is the Movie. While following lesson rine you may like to (ry this varial on of the milk that mentioned in the previous lesson AB.

Brankfort

Committee to a second of the committee o

Mid Moroina

Two glasses of milk

Lunch

Salad Fish, meat or cheese Two plasses of milk

Mid-Alternoon

Two glasses of mea-

Suppor

Glass of milk

Before Retiring

Sandwich Glass of multi























HOW TO POSE YOUR BODY

There are many different reasons for posing the body

- To display good body development and top proportion.
- 2 To display grace and beauty of physical line
- 3. To show unnost physical development in the form of ruge muscles, self, at a sharp of the
- 4. To show tremendous awe inspiring power

Fach of the above, styles in quite of ferent and no one many color injector, entitles to know the conduction in nategories at the same time (West's it you want to show which your injectors).

Picture Number. One shows the type of nose that is used by bodybu iders who have good muscle size (though not enor mous!) and who like to display the fact that they have balanced but their training and developed a proportionate physique. This is usually the most sought after type in build. The photograph is, of course none other than "Mr. Everything". Stave. Reevall, the is generally considered to be the World's most parfectly developed.

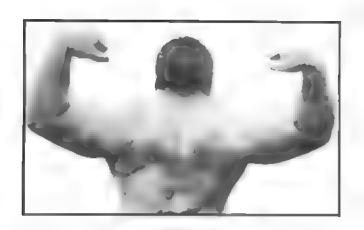


Our next model is Tony Sensore. This picture displays the grace and beauty of the male physique. There is no attempt to show those burging muscles. The idea beth ad this type of pose is to show how one does not need 20 inch arms to make an interesting study. Few modern day bodybu ideas could look impressive in this pose.



Utmost physical development is shown in this "most muscular" pose by Marold Poole. This is the most conditionersal type of posing. When a bodybulled seeks to appolicit his muscles in this way, the tayman tends to wrice and may awan feel nauscaded. On the other hand, this is exactly the kind of poacitial wins physique contests, and money in rest for men who are willing to put in the time and affort. Harold Poole knows all about how to impress physique glodges. He had won his fair share of contests, including Mr. Warfel.





The man who wants to show tremendous power is not inherested in booking i pretty. He has never be own.

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Steve Reeves

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- 3 Earl any good wisdescore tooth like tresh test vegetables salads fresh fish whole wheat products, took equivare units.
- 4. Make a yearly checkop with your family doctor
- B Do it allow the history year Keep personal is money work and domestic trouties in the Doi: C affow tensor in table over
- I will get the enter the day of few to the day to the
- 7 Make sure tout you steep at least 7: 8 hours each might
- Work for and maintain good posture.
- Market and the second of the s

THERE YOU HAVE IT



EXERCISE REGULARLY
EAT WISELY
BE MODERATE IN YOUR VILES and
TAKE CARE OF YOUR HEART

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LESSON TEN

A New Schedule this Week

Follow the exercises in the order we have indicated Do three transition to do four sets of each oxers so from then on Take a min that it is not to the other sets of each oxers as from the out to the other sets of each oxers are sets of each oxers.

This set is to see the sext mover

EXERCISE ONE

cotoral Raise

'Outer adde of the shoulder

Situat about 12' from a walf as shown in the

King ng body uprofit and white maintaining and the left of the lef

and the section of th

Hold for from five to ten seconds each rep



Louis (1

EXERCISE TWO

Lag Raise Dips (Entire Upper Body)

Adopt the position shown in Illustration (2a). Slowly bend the arms to allow your head to touch the floor as illustrated in (2b). Push up and return to original position. Repear for 8–12 repetitions.

Warning Make sure that you do not lower your torso too quickly. You might hit your head with a thump



Totals 12at



nus 201



1 lus 31

EXERCISE THREE Hercules (I "Knees Out" Squat (Thighs, higs, calves)

Hands on hips. Heels together, toes pointed butwards. Lower into a squarting position until your thights are parallel to the floor. Raise and reneat.

Important

You must make a determined effort to lean bookwards during this exercise, yet all the same time keeping the hips forward. This is an axcel earl exercise for not only building and defining the thighs but it will also help to firm up and from the hois.

EXERCISE FOUR

Reverse Chair Dips

Upper body and arms)

You have done this one before Adopt the stance as shown in is usuration (4). Now lower your body as deeply as you can by bending the arms. Push up and look although. Lower and repeat 12: 15 repet Lons.



Has 4

EXERCISE FIVE

Call Raise

(Lower leg)

Stand as in Justice on (5). Raise your feets as high as you can and lower repeat this feet is single resemble to left, the heets as high as instable to obtain maximum height. Strengarths out in front to help balance. You may hood onto the heads of the heads of the heads of the heads of a shall it you wish hood onto the hards of a shall it you wish.



us '5)

EXERCISE SIX

Hercilles Midsection Twists

Andominalsi

This is a real Monda.

brown Linux on both be used to maintain posture and her get acted twist during the

Wis in maintaining this standing po-

pointing directly in Iront of you. You will
will be fat my deneitly backwards. Now twist back
again until the left arm is pointing downards
and the right arm is pointing back. Try so keep
typs fat my forwards throughout the entire



1 bys 16

MR JAN HERSE PAUL WYNTER

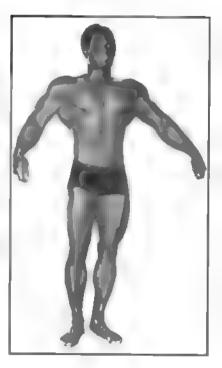
This is a photograph of behalous Paul Wynter. He is a Mr. Un verse winner. There is no doubt

te hodi is in the world. His myschis with he

ec to artistness by the very course you as

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Whether you want to gain or lose weight sug in yill in a - to help your progress. Then you may be surely in the real surely in the surely in t



CAN YOU INCREASE YOUR POSTURAL STANDING HEIGHT?

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Fig. 12. The results of perform them in the moder shower. They are paper usury designed to at ack it is are as of the moder with an expansion and any between the vertibout of the buck of the key is need to the buck of the legisland required into the straighten vious sense to add exit a legisland overall posture improvisions.)

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Movement No. 1

Lumber Exercises

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Continue this electrise and Econfortably titled. About a rinurial should be adequiving the abdominal muscles.

Movement No. 2 A Simple Mayement

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Movement No. 3 Ton-Touching

Per arm as illustrated from 10 - 30 reps. The man in helps stretch the musicles of the table of the man in helps stretch the musicles of the table of the man in helps to the man in helps to the man in the last stretch at the tack of your thinks when table in the tack of your thinks when table table at the table to the table at the table of table of table at the table of table of

The exercise is a second of the second of th





Movement No. 4 Cervical Exercise

Class hands behind held allows perpendicular to nose. Lower chin and stowly push feed to the service of the ser

Movement No. 5 Alternate Toe Touching

Bend smartly forward and touch left toe with right hand. Return to upright position and touch right toe with left hand. Repeat 10: 30 times depending or condition.

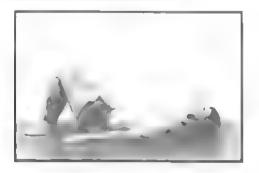
After a set the spine, also slightly the external on the light in muscles, ham string rend one, and shoulder girdle region.



Movement No. 6 The Palvig Tist

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Movement No. 7 Bar Hanging

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is not the most comportable it.

from Many people manage to find a pipe in

and by the street of the stree

Stretches entire upper body





Movement No. 8 Dorsal Rand

Lie on your stomach with your forehead touching the food. Cl. all sands left of you back as affustrated. Raise head leds and others a complete the complete sand complete the complete sand complete s

Strengthens tumbar region and acts toward

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Movement No. 9 Head Rolling

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nerease to ten each way Roll head Do not 1 45 1 1

This mobilises the Cervical Veriodia









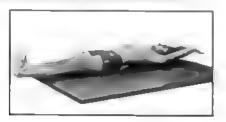


Movement No. 10 Lying Foot and Read Rarge

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FINGER TIPS AS FAR FROM THE SIES AS PC BLE INT the state of the s

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in udes this exercise routine for stimulating Postural fit is the initial of the fit only what

I pa 41) . More hints on height will follow on the next page





MORE HINTS ON HEIGHT

There are other aspects again from special movements that you show hay of Polific out order a activities followed by the full postural potential

We will now spend a little time discussing some of these experts in greater detal. This will take the foin it agreement. HE GHT PLAN which we advise you to read carefully and follow.

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HEIGHT AND HORMONES

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Hoight and Haredity:

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Your Thyroid Gland

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n or jet woulds, he if your glances regardly responsible in a swart, growth ratio of it is sufficient ment.

Assuming that you are poorly postured at this moment then you at benefit minus, at y by in owing the the recent mondations and inserting unit is it. As a may a you are a mortis persons we feel you are all only you. 100% If you should have any organic problem or anything physically we also will you we alway in to consult you, physicial managed his obey before you start this plan.

As you will notice but plan consists of steps, which you should take to contribute your timbs invivide in necessing your post reiPay attention to each analysery second mendal in birdly Coulie is sitentially out will be duing virtually everything in your power to increase stature and parter, while post is in that you will be duing virtually everything in your power to increase stature and parter, while post is in the post of the post o

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STEP ONE

Food and Height

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STEP TWO

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STEP THREE

Rest Posture

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STEP FOUR

Smoking and Your Height

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STEP FIVE

Morning Stretching.

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STEP SIX

Massage for Benefiting Standing Posture

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STEP SEVEN

Optain Sufficient Fresh Air and Sunshiner

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Remember that the sum is regionally for all growth Our podies need if or levelog it indeed sunight or each your lost hall grow if and fleating opening if your childhood years.

STEP EIGHT

Think Talk

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STEVE REEVES SHOWS THE KIND OF SUPERB PHYSIQUE THAT IS BUILT FROM DEDICATION TO REGULAR SCIENTIFIC TRAINING

HERCULES II

[Apollo - Pawer - One]



lesson

lesson 2

LESSON ELEVEN

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Lateral Raise 4 x fO



Leis Barrio Das



Hercules Kneer Out Squar



Reverse Chair Dins



Carl Barse



Mercules Minister (on Twists)

Curt Haywood won his division of the Mr. World contest in Columbus. Dhio. His physique is the time, and a cold training, see Non-apparatus. Hercules (1) weight filting, gymnastics, strongman and mainly of the columbus.

Court says that he precioed the MERCULES I or neights to aid his musc also are with the Navy

What a physique



How to Get a Better Tan

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- As a books after you should take care to get the uniter of the enemal of the Ross arms white your on back.
- 4. Sun creams will not help you tan faster. They may slight vides to the extra plant and a plant vide of the first plant vide of the first plant vide of the first vide of the
- 9. You cannot get a natural tan through gur 1 as 1 = 5 special plass (The trade name is Vitaglass)
- 6. Dontsquirt when a missal we read a care man of the area you expect
- 7 Changana I ya shar geta ngar ayar a dangsayar ili kelebas tina ana ayar.

- B I you sweet portury two noon televative to the second of the money out tabling
- 9 On all up not says wind can prevent tanning. On extra hip: ays with emplet to within pricesse, the tanning process.



Strongth Athletes

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Jack Callanne performed 1025 floor dies in 25 minutes

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Well who do you consider the strongest?



George E. Jowert as treat nameshoes

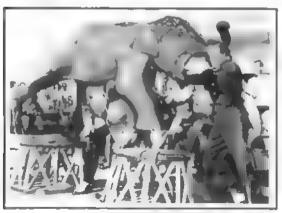


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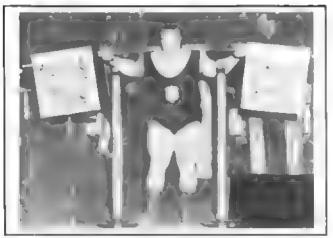


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Each a direction are according to the \$15,000 to Weight by 40% and





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Vini e Gironda us the sije of 50 tooks in hetter shape than most fellows half his age. That it what regular express can do for you.

Water and Your Body

Before we and this lesson, we should like you to recognize the tremendously important value of it if drinking water.

It is a good idea to get involved in the regular d inking of pure water, as much as 8 giassas a day. Water if
the universal solvent. I helps to flush out the impurities of the body, washing the wast. I can be stomach,
and off mately cleaning the kidneys.

Do not drink excessively at meal times. An occasional sip at this time is enough. A ways avoid quiting down water especially when hot. Sip if slow yim sing it with the sall valof the mouth. Also illowed funk ice cold, water. It can shock the stomach and cause halvor with yould gestive process. Always have alyest of pure water handy on your desk at work, etc. It can do you nothing but good.

Be prepared for Lesson No. 12. It is tough. Also we show you how to perform impressive strength feats of your own. So train hard and C. OHNIC. E. N. T. R. A. T. E.f.

LESSON TWELVE

This is your small schedule of Heroules II exercises if there is one thing above a lookers till we would ecommon it tryou as a successful miss email and possible future physique star. I is 1 at you run legularly. Did you ship work but "It you did hen you will on have made he same princress as you might have it you had maintained you regular three turns week yot aiming.

On the other hand, it you trained exactly as we laid down into join a lowed our musclehuliding advice in the witer their you will also made rememblous progress. But in oile in have made this progress you will also advin more thoo than previously. You will have field adequally sites an it is amy you were have indicated the PRIOTE NR enveronment in what muscles are just of your simply have no such a make make make make subject to the troops in the progress of the progress of

Alic you will cross to your last weeks. Hereuses programs it a hought in You are guing to swind it is write through a state going to come to lugical winder.

Tight 3 and for the paper as the right continued Bullium to performing 4 so sost each of one as many read that it has a necessary as some of the others.

EXERCISE ONE

Hendstand Pressups
(shoulder chest and arms)

Place year hands about 33 sched from a dist and high up onto a handshilled. Once his post or you may onen you legs of you wish tit may help your balance)

The exercising to one sow yin case you might hatten your nose any your face a list touches the fluor. Then return to the handstand property by a ailyhering the arms fluorest for as many exercisons as you can if without at air. Waining if you have the strength to ower your self-currifactely then simply perform the exercise by tower might only had way in ever less. Cradua by you will get strong shough a judicial form this exercise the control way easily.



tifus in



EXERCISE TWO

Single-arm Floor Dip arms and chest

Clius 21

and a shart not as an air than out your right and while yet the Byta find your eight per over the e with a serious Weath can be selected as the contract of the Let' a booting shimalik of the right thigh. Like 15 apertuois leep on be it is as higher a together 1

EXERCISE THREE

Reverse Chair Dips chest, arms shoulders, back)

Adopt a position as shown in clustration 3 cower and raise the lorso chythmically by bending the arms fully and returning to the straight arm position. Repeat until comfort. ably tired, 10 to 25 repet from



EXERCISE FOLR

Single Leg Squar Ithighs;

Stand on a bench or chair with one foot Squat down slowly on that one leg and return to a starting position. Use arms for balance Don't forget to work each leg. Any thing from 5–20 repetitions (Illustration 4)



athas 4.

EXERCISE FIVE

Chair Forearm Pressups

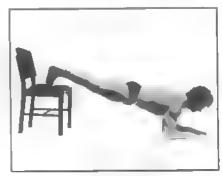
taros

Committee in the shown in Bustration 5. Press up until the arms are straight. Lower and repeat

If you have difficulty in getting started in this exercise them rock your body forward at this commence ment of the movement

Alternatively you might find it easier to start this oxercise with straight arms and consequently you can lower forearms to the our quickly and bounce hack into the straight arm position.

Reneat for up to 20 repetitions



chlus 51

EXERCISE SIX

Doorway Pulls

(back)

[a] Hold onto door handles of a stardy Kon as ustrated littles 6.

(b) Fur hard on the handles with both hands so that the 'syrain' is too the large upper back muscles that.

et. Perform up to 15 pu s each set



105 61

EXERCISE SEVEN

Donkey Calf Raise (fower eys

Front a position as shown in illustration 7. Your body is sent over parallel to the floor hands supported on a bench or stool. Have a partner sit on your lower back to addiress ance. The exercise is to raise the heels up and down (as high as possible) so that the call misc also worked strongly. If you find 20 repertions easy, then place the toes on a couple of thick books so that the dail obtains a greater stretch when the beels are lowered.



Hirk 7

EXERCISE EIGHT Leg Russ (want)



(IIIILs. B)

List in the Foot with bands tocked underneath seat. Base feet from Loor slowly, Lower and reneaf. Aim to build up to 30 repetitions.



Am ther writest shot it perfectly proportione. We forcerse Pain Wynter



Here's the impressive time is at the arrival NARBA M. (In each procedure), in a white Eaglant was been

PHYSIQUE CONTESTS

Regate issof your alle you may enter Physique Contests Needless to say you need to have only and the left in one so more are affectly of novice contests held regularly. Out tipole is now with an applying muscles as yet.

an egonic lear of his a strectator at a coople of portythinkling contests. In the entry an extra of an athain what is inspired of you line you we be better prepared when I amon't give prepared when I amon't give prepared with the Physique contests are assuably a positive by your orally M.C.A. Centail in the Amon't are to have a five to managene. MUSC J.AR.DENENDEMENT has a directive of this continuous transfer and where and when bodybanding shows continuous area.

If you many regression or contests their you wall food and estimated and in the contest with a contest comment you are so light fine contest you are no peak doubted on for that origiday.

Usuarly there is no muc. Hereixe in the way you train as the crintle. So a very in in the low in the way the unit may your ingred the may remeat vigorial in a map of many many in the many remeat vigorial in a read man, and many in meat vigorial in a read man, and many in meat vigorial in a read man, and many in many incomes etc.

However intestivol have sharply oftensions so virtually expecting through as minimizer you have so intest day approache. Eat not inclored in the summath a certification of a control of a summath a certification of a control of a certification of a certificatio

Our or new 2-3 womes and portyth density to also a worst two effective entressiventions. Multiply and in place the or the transfer as not term and so that they are worst agout vitil at load of less damping that has a load of the sound to the sound the sound to the sound the sound to the sound to the sound to the sound the sound to the sound

It is still a fact that the vast inejority of bodybuilders codey train only three times a week with at least a full day's rest between sessions

When the 1Pt per Constant you are and year constant addition to Rings To Pt Pt Pt seal in the Pt Pt per per people to the constant of the result of the constant we defend and are set of the people of the constant with the people of the constant of the constant with the constant of the



Super physique. Vince Gironda, has wore as share of physique contests. He has a lantastically proportionale body.

where the one a very successful ayes on tent a Bouneya on the conAngeles California

Had don't get a me top in a

FIRM UP YOUR FACE

The face mirrors out emotions, conveys our thoughts and makes people, ke or discholors in the discholors was view use it Since your lace is composed of mase as well and restrict your lack to test of your rody has it were with the first your and the discholors in the discholors are a first your and the discholors are the discholors.

Y if any sithe most important pail of your anatomy.

**** In the only part that is consiantly on dealines as the argest part of our wes it spent to your lines.

******* It is a rest part of our wes it spent to your part is a rest in the argest part of our west it spent to your part is they are a refer.

The face of a general conveys our thoughts. When you go for a job or have an important husiness otenziew your race is under close observation and an abilities and character are largely judged by what your face reflects. And the channel are when you would have reflects. And the channel are when you would have you face who so less give the lace a little care.



LEFT Start puckering the tips as with to year and the second form of t



With the Eirst movement we form a thing are some a some form we up the opposite threation outward away from the opposite threation outward away from the sound of the sound of



As left and right we illustrate a char builder which also benefits the mouth, making it more expressive. Keeping the teeth closed tight, force the chin muscle downward with all your willpower and hold it there, as in photo at left. Keep the upper part of the face relaxed. Now force the chiri muscia upward, as in photo at right, and hold. After you have learned to control this movement try a brisker routine Do four very slowly then mobil fast, and so on. In several moments your chira will ache from the effort and soon you will see a marked improve ment in the size and contour of your chin A strong chin improves any man's face. This exercise will help you make the most of



We know that when yet a receiver a file entry that all it to a consense of the and 1 syly or a catter as general exercise, captain bat home intercept and in cast in the pull payor of thus aim of that

But how about the Jace?

The gray transfer is that by a section receives establing one starting we show the property of the many transfer of many transfer one of many transfer of many transfer of many transfer or transfer o

Will pushe as state our lithings, based better desirable throughout from the can also consider PAB act and the first and the state of t

Fand ever is may greatly into the commercian and impress the clears of the expectable may on holded. We should remember that good skin is just as attending an alment as it is on a woman. Anyhody without had a solve to took at Special Receives a logic exact major of into the property of the major of the property of th

The expression of the eyes comes from the soul revealing the quality of our spiritual development, which is far too deen a subject to go into here \$30, the mouth is purely emptions and enter on he in provour instance with a hole in the middle. Control to through exercise. The mouth is a large credial muscle with a hole in the middle. It is a doughnut it is very flexible stretching to an opening the size of an orange and controling to the size of a pea. When this muscle is well exert sed the apsilection to that and very makes very conversation. When not cared for the mouth muscle will exert sed the apsilection to their mouth muscle will subject to the corners of the mouth.

The muscles around the eyes also respond in exercise as no the forehead cheeks a in thin Tile muscles around the eyes of closely connected with the nervous system, and like this states of like year thin it is also need to also describe a property on by strain wordy loss of steep, etc. shearly seen, or balled nervous eating tissues and where we isospecific this tops of fat under the thin skin action due eyes that nakes those ten tale hollows dark citates and major. Focal exercise may help control this loss of fatty tissue this include the hollows dark citates and major focal exercise may help control this loss of fatty tissue this include the hollows dark citates and only of old You will find the difference is due largely in citating the light must the skin in vocation and help keep your eyes young look to.

The of n is also a muscle and can be made ranger and handsomer by exercise. Once use the low continuous great in the lose is seen to be with the size of your chine and if the hope is seen and rank lose is as you will need to see the disveloping of the face in supplying the City seen in the face in supplying the City seen.

The first two photos illustrate an exercise that is wonderful for developing the mouth illustrial and including some uxercises the intrinsical documents of youth in the cheeks. The second two photos illustrate voice in work this sobject the mouth and neck.

So don't just arm to build the muscles of your body. Give your face a chance.



YOU CAN TEAR A TELEPHONE BOOK APART WITH YOUR BARE HANDS!

Put Liose must us of yours to work. Teach them how to lear a telephone book apair with your balls hands it slessy if you know how and you not thave to be a superman to noil. Either



Their aim few stacks that are more impressive than opposing a sarge telephone about with your bare hands. This fest dates a combination of strength and know how if given any or intant is at ong propging the site of the sarger and hands. However, I you don't know how to go a love for ingite fest a strength in the world won't do you much good.

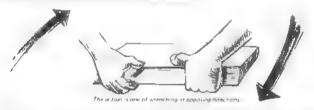
Body to lifes a ready have strong gripping power because of air the grip holding exist sessibley do. The MERCULES—outher will give you the pasts strength needed, but squeezing oil fennis balls with your lingerbox is also a terrific exercise, aust grab one in each hand and squeeze away for all you are worth.

Correct Method For Tearing Telephone Book

There is no before way of learning how to fear a telephione book in half that I y watch lig sumboring so but the stort

Stand erective by your right foot in East of your left. (You may tave your left as a Control vin light. I you fand the assert of a way. Crasp the templome back over to edge with incommon for the place over the order of the control in the control of the notion of the n

Now gray have getable beink storegly and approxy a storegit Prochosous with year of them of any who year haf Alice species is secret in depression at the course of the control of the control of the second of the control of the con



When earning its strength feat its advisable to start with a small telephone look and groboulty use it jight intea as you become mile. These if the it is a very foother with the introduction of a length of a majority of west and sendenced you get the rung of some in Asia of an exercising your collections to ask to use in a length of some your collections of the west sangly of the past sensits and it as inclusion case you for these times you will be in a sent to assign the way of should be done.

Once you have contained the contained special properties and the performing or sum is also where by white performing the service of the contained of the performance of the performance

I everyth hill gloes the way it show you it he a sensation. The gain will from it only in an interpretable of a man of superstrength will spread the will be a mense respect. Your regulation as a man of superstrength will spread to the arms everywhere you go palopte will be asking you to tear telephone looks apar. Tight asking you set

6 Spike and Iron Bar Breaking Made Easy

Spike Breaking

Martinal by Strongman Timo at Norbolk Endland I

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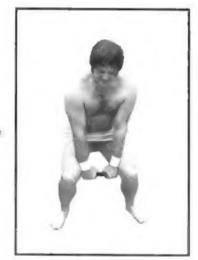


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Adopt a position as illustrated (Stage 1), keeping the feet in a good solid position. Use the knee as shown in the photograph. In this way you will be able to bend the spike around the knee and get a "start" on the breaking process.

The second stage involves a change of position. You have bent the spike as much as possible during Stage 1 and now you need to increase the bend by adopting the second position.

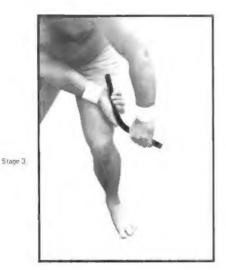
Still holding tightly onto the bar or spike, you now change leg positions, whereby your knees are about 15 inches apart. Hold the spike as illustrated, and complete the second part of the first bend by aiding the hands and wrists with the inner part of the thighs.



Stage 2

Now is the time to "unbend" the bent bar. This is a most crucial part (Stage 3), in fact this is the most important stage if you are serious about breaking the spike.

Follow the exact hand placing as illustrated. The hand on the right is the hand that bends the nail, Note its position. Be sure to use the soft part of your hand just under the thumb so that you enjoy the utmost leverage which is vital in aiding spike-breaking. Continue through stage 1, 2 and 3 until the guite breaks.



It is always a good idea to start with thinnar goage spikes at first (6" ovals are good). Gradually you will develop further skill, strength and stamina tyou need all three!! to go to work on heavier metal.

Don't use sharp spikes. They can hurt, use plenty of canvas to protect your hands.

THE END OF HERCULES II - THE BEGINNING OF YOU!

This is your last weekly lesson. If you have been faithful in your Hercules II workouts, then you HAVE GAINED FANTASTICALLY IN MUSCULAR SIZE, TONE, FITNESS AND STRENGTH. If you have followed our instructions to the letter, then you will have made great progress. In fact it would be virtually impossible for you to not have made gains in muscular development.

We hope now that you have got into the habit of exercising regularly, you will continue with your body building workouts. You may want to get even bigger, or you may just want to train to keep super (it. Whatever your reasons, regular exercise is one of the most beneficial things in the entire world. If you don't want added size, then why not train a little less strenuously just to keep the muscles you now have in hip top shape for the rest of your life. Believe us — THERE IS NO MORE REWARDING FEELING THAN KNOWING YOU ARE IN TOP PHYSICAL CONDITION. You feel S—T—R—O—N—G, ready for action. Your waist is flat and rock-hard. Your panther legs are ready to take you anywhere you will them, in triple-quick time. Your chest swells to monumental depth, your back is crowded with "Tiger" muscles of incredible definition. Anytime you bend your arms your biceps "jump" into a titanic mountain of pure rock-hard musclii. Flex them and they form a "peak" that would put a full-sized melon in the shade.

Yes sir! Muscles are worth millions! Of all the top stars in physical culture — men who have worked for their health, litness and physique — we have NEVER MET ONE SOLITARY INDIVIDUAL WHO WOULD TRADE HIS PERFECT PHYSICAL CONDITION FOR EVEN ONE MILLION DOLLARS!

So remember, a little exercise and attention to your det will go a long way. That's the beauty of bodybuilding. Once you have built a championship body, it takes hardly any effort to maintain this condition.

On the other hand, if you want to make even more progress you should continue working HARD at your exercise progrem. As long as you continue giving it all you've got, your muscles will continue to miprove. Stop and think about that! Just imagine what you will look like! You could continue until your body is developed to its fullest degree. Your body has a lot of potential. But remember, muscles are unpredictable. Some weeks they will just not seem to be growing, whereas other times they will seem to be growing almost every day. Day after day. Your gains will not come with "clockwork" regularity. Muscles tend to suddenly grow an inch or two, and then level off. Then if you keep training, they will suddenly spurt forward again, showing a further increase. Between spasms of growth you might reach a stale period at which time the muscles do not continue steady growth. At such "sticking points" you should ear more protein foods, perhaps even increase your milk intake substantially. Protein supplements have broken sticking points for some of the Nation's most famous physique stars. They simply added a good protein powder to a glass of milk or cream and consumed it after a workout. You should always bear in mind that MUSCLE IS ALMOST COM PLETELY BUILT FROM PURE PROTEIN!

Consequently only pure organic protein can build muscle. A PROTEIN SUPPLEMENT IS YOUR BEST ASSURANCE THAT YOU WILL NOT BE WASTING YOUR TRAINING EFFORTS!

We would like to say a word about personal conduct at this point. Once you have built big muscles you should not "show off" to your friends. Don't constantly pose your arms and flex your muscles to impress your buddies. This is one of the quickest ways to lose friends. If you have a good physique then your friends will notice without your having to "flex up" every few minutes to push your "lumps" under their noses to draw attention to yourself.

Conduct yoursell quietly. Adopt an air of calm self-assured confidence. Don't be a loudmouth! People will hate you for it no matter how impressive your physique. Don't pose when at the beach, Simply stand with good posture, with your arms close to your sides. Don't "lat spread" (stand with arms outstretched at the sides away from the body). You will look ridiculous if you stand like this. Besides, dogs are liable to bank at you if you adopt this ridiculous posed position.

President Roosevell wrote: "Walk softly, but carry a big stick". Your muscles are your "big stick" - make core you walk "softly" with it.

We will keep your name on file at the Hercules It offices, You are one of the few people in this land who is grounded interested in physical culture and body development. That makes you a special kind of person. Needless to say, your file is kept in a locked lireproof cabinet and your completed order form is kept strictly confidential.

Should we get news of any further developments in the form of muscle building breakthroughs, improved protein products, secret exercises, etc., we will let you know. Meanwhile, we take this opportunity of wishing you the very best luck in life. Keep training. Be healthy and above all, give life all you've got. We only go around but once!

PS -

We hope that you will induce your friends to enrall with us, so that we can help them too. Just send their names and addresses

Although this lesson completes our course, we want you to feel free to write to us at any time if you ever have any questions.

With our very best wishes and sincere and warm handshake, we wish you health, strength, long life and happiness!